



The Influence Of Parent-Child Relationship On Adolescent's Self-Esteem And Personality Development

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ABSTRACT

This study explores the impact of parent-child relationships on the development of teenagers' personalities and self-esteem. Using a sample size of 160 participants, including parents and children aged 10 to 19, correlations were analyzed using Pearson's product-moment method in SPSS. The findings reveal significant associations between certain personality traits and parent-child interactions, such as the negative link between neuroticism and conscientiousness and the positive correlation between neuroticism and conflicts. Additionally, traits like conscientiousness and neuroticism exhibit relationships with extraversion, while agreeableness correlates positively with dependence and negatively with neuroticism. Notably, conflicts and aspects of parent-child relationships such as dependency and closeness are positively associated with self-esteem. These results underscore the substantial influence of parent-child connections on the formation of teenage personalities and self-esteem.

Keywords: personality, self-esteem, parent-child relationship

INTRODUCTION

1.1 Parent-child Relationship

The relationship between parents and children has a significant impact on self-esteem and personality development. Positive interactions foster feelings of security and self-esteem, while negative interactions lead to emotional difficulties. Exploring these influences allows for a greater understanding of the complex interactions between family dynamics and youth and the formative years of their lives. Factors such as communication style, emotional support, and creating secure relationships between parents and youth play an important role in shaping these outcomes. Understanding and fostering positive parent-child relationships can have long-term benefits for young people, their lives, and their overall psychological development.

The core of human development is woven into the dynamics of the family, where parent-child relationships are the cornerstones that shape people and their ways of life. Among the many factors that affect human development, the influence of parental guidance during adolescence cannot be overemphasized. Characterized by the turbulent journey of self-discovery and identity formation, adolescence is a critical time when family

dynamics can shape a person's self-esteem and shape aspects of their future. The importance of positive parent-child relationships in adolescence lies in their ability to provide a stable foundation for emotional well-being and personal development. The quality of interactions, communication patterns, and the emotional state of the family can have a significant impact on how adolescents feel about themselves and navigate the complexities of identity growth. These parent-child interactions can become vulnerable because of the combination of support, guidance, and discipline that sets the stage for the drama of self-esteem and personal maturity.

1.2 SELF-ESTEEM

A child's growth is greatly influenced by the dynamic interplay between their parents and, including their sense of self-worth. The subjective assessment of one's value and competence, or self-esteem, is crucial in determining an individual's behavior, relationships, and emotional health throughout their lifetime. In the framework of the parent-child connection, building a child's healthy self-esteem is crucial and essential to their general growth and success in the future.

Personal Pride is an essential component of mental health, self-esteem serves as an internal compass that directs our attitudes, actions, and general well-being. It includes a person's subjective assessment of their value and ability, including sentiments of competence, worth, and community (Shapiro et al., 2006). Higher levels of enjoyment, improved stress-coping skills, and a clearer sense of purpose are typically experienced by those with high self-esteem (Baumeister et al., 1993). On the other hand, poor self-esteem can result in anxiety, despair, and trouble establishing positive connections (Brown et al., 1998). Promoting good mental health requires an understanding of how self-esteem grows and is maintained, especially for young adults navigating a challenging social environment.

Children with strong self-esteem possess the resilience and confidence necessary to successfully face life's obstacles. Children internalize a good feeling of self-worth when they receive validation, acceptance, and support from their parents. This helps them approach activities with optimism, persevere through setbacks, and develop safe bonds with others. On the other hand, a shortage of caring and encouraging interactions between parents and children can damage kids' self-worth and make them more susceptible to emotional pain, feelings of inadequacy, and self-doubt.

1.3 PERSONALITY

Philosophers and scientists have been fascinated by personality for millennia, as it is the complex and timeless combination of traits that make us who we are. It includes the distinct fusion of ideas, feelings, actions, and social behaviors that make each of us unique (McCrae & Costa, 2003). Comprehending our personalities is like trying to unravel a complicated tapestry made of our inherited tendencies, early experiences, social relationships, and cultural backgrounds. Although there isn't a single, widely acknowledged theory, several well-known viewpoints have developed, each shedding light on a different aspect of this complex concept.

The Persistent Impact of Traits: Trait theories have become increasingly popular. They are a large category that includes many different viewpoints. Developed by Costa & McCrae (1992), the Five-Factor Model (OCEAN) is one of the most well-known models. Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism are the five basic personality traits suggested by this model. These traits function as basic building blocks and combine in different ways to construct individual personalities. According to research by Jang et al. (1996), these traits are remarkably stable throughout life, indicating that they have a lasting impact on our decisions and behaviors.

1.4 RELATIONSHIP BETWEEN “CHILD RELATIONSHIP”, “SELF ESTEEM”, AND “PERSONALITY”

The intricate and multifaceted relationship that exists between teenage self-esteem and personality and the parent-child bond has a significant impact on several areas of adolescent development. This interplay between the two adults greatly influences how teenagers view themselves, relate to others, and deal with the difficulties of puberty.

1. Attachment Theory: Attachment theory offers a framework for comprehending how the bond between parents and children affects the development of adolescents. Adolescents who experience secure attachment, which is defined by warmth, responsiveness, and regular caregiving, feel more secure and trusted.
2. Parenting Styles: Adolescent self-esteem and personality development are significantly impacted by the many parenting philosophies, including authoritarian, permissive, neglectful, and authoritative. Good parenting is linked to increased self-esteem and well-adjusted personality traits like autonomy, resilience, and social competence.
3. Parental Modeling and Socialization: Adolescents' views, attitudes, and behaviors are shaped by their parents, who act as their main role models and socialization facilitators. Teens absorb the attitudes and values of their parents through interaction and observation, which affects how they develop as individuals and how they view themselves.
4. Cultural and Contextual Influences: Socioeconomic variables, cultural norms, and larger contextual influences all have a mediating role in the link between parents and children and adolescents' self-esteem and personalities. Parent-child interactions and expectations are shaped by cultural values related to autonomy, collectivism, and gender roles.
5. Parental support and encouragement: By providing support and encouragement, parents are essential in fostering teenage self-esteem. Positive feelings of competence and self-worth are reinforced when parents recognize and applaud their adolescent children's accomplishments, efforts, and special traits.

Adolescent self-esteem and personality development are significantly influenced by the parent-child bond. Parents may equip their teenagers to face puberty head-on and with resilience by providing a loving and caring atmosphere. This will help them develop healthy emotional habits and meaningful connections when they grow up. Fostering a generation of self-assured, confident people and encouraging positive youth development requires an understanding of and attention to the intricacies of this interaction.

METHODOLOGY

Aim: To investigate The Influence of Parent-Child Relationship on Adolescent's Self-esteem and Personality Development.

OBJECTIVES:

- to evaluate the state of the bonds between parents and children.
- to assess the personality and self-esteem of adolescents.
- to investigate the connection between teenage self-esteem and parent-child relationships.
- to look into the connection between teenage personality development and parent-child relationships.

HYPOTHESIS:

H1: Adolescent self-esteem and the quality of parent-child connections are positively correlated.

H2: Adolescent self-esteem is favorably correlated with parenting approaches that are warm and supportive.

H3: Adolescent personality traits and parent-child connections are significantly correlated.

H4: Desirable teenage personality qualities will be favorably connected with an authoritative parenting style.

PARTICIPANTS OF THE STUDY

A purposive convenience snowball sampling technique was used to choose 160 participants, 80 parents and 80 children both female and male, ensuring that they are Adolescents from the age of 10 - 19 from Delhi-NCR regions.

DAT COLLECTION INSTRUMENTS

The data in this study was obtained with the help of the following scales; Child Relationship Scale, Rosenberg Self-Esteem Scale, and NEO- FFI personality inventory.

DATA COLLECTION PROCEDURE

The three primary instruments used in the study were the Child Relationship Scale, Rosenberg Self-Esteem Scale, and NEO-FFI personality inventory. Participants voluntarily filled out the three questionnaires and the responses were then subjected to statistical analysis using the SPSS software. The process ensured informed consent and upheld the participant's right to privacy throughout the study.

CHILD RELATIONSHIP

The Child Parent Relationship Scale (CPRS) is a commonly used tool in child development and psychology that assesses the strength of the relationship between children and their parents or other primary caregivers. It assesses intimacy, communication, and conflict resolution among other aspects of the parent-child connection.

RELIABILITY

High reliability and consistency in measurement across many samples and administrations have been demonstrated by reliability studies, which have consistently demonstrated great internal consistency for the CPRS, with Cronbach's alpha coefficients often ranging from 0.70 to 0.90. Additionally strong, frequently above 0.80, test-retest reliability coefficients show that scores remain consistent over time.

ROSENBERG SELF-ESTEEM SCALE

A popular psychological tool for assessing self-esteem is the Rosenberg Self-Esteem Scale (RSES), which gauges a person's total subjective assessment of their value and worth.

RELIABILITY

Strong internal consistency for the RSES has been continuously shown by reliability tests; Cronbach's alpha coefficients for the RSES typically range from 0.80 to 0.90 across a variety of groups and circumstances. This suggests that the scale's items consistently measure the same underlying construct of self-esteem and demonstrate good measurement reliability and consistency.

NEO FIVE FACTOR PERSONALITY INVENTORY

The Five-Factor Model of personality, referred to as the Big Five personality traits, is measured using the widely used NEO Five-Factor Inventory (NEO-FFI), a psychological assessment tool. The five components of the NEO-FFI are neuroticism, extraversion, agreeableness, conscientiousness, and openness to experience.

RELIABILITY

With Cronbach's alpha coefficients for the five personality dimensions generally ranging from 0.70 to 0.90, reliability tests have repeatedly demonstrated good internal consistency for the NEO-FFI. As a result, it can be concluded that the scale's items accurately evaluate each personality trait due to their high reliability and consistency.

STATISTICAL ANALYSIS

Pearson's correlation was used to analyze the data, using the SPSS software to examine the relationship between variables.

RESULT AND DISCUSSION

	Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness	Conflicts	Closeness	Dependence
Neuroticism	1							
Extraversion	-0.290359257	1						
Openness	0.081870079	0.011328918	1					
Agreeableness	-0.472385958	0.17774083	-0.006599093	1				
Conscientiousness	-0.485440233	0.365517451	-0.001736169	0.288346816	1			
Conflicts	0.108489536	-0.001125875	-0.174145419	0.023991544	0.004622168	1		
Closeness	-0.142280077	0.09053617	-0.252071742	-0.005321488	0.284926311	0.146980304	1	
Dependence	-0.001758794	0.08570672	-0.076054369	0.044729054	0.241295283	0.335438173	0.475382	1

Table 01. Correlation between parent-child relationship and personality

The interpretation of these correlations' sheds light on the intricate interplay between personality traits and interpersonal dynamics. Neuroticism emerges as a central factor, showing negative associations with conscientiousness and positive links with conflicts. Extraversion, on the other hand, correlates positively with conscientiousness and negatively with neuroticism, suggesting a propensity for sociability and reliability. Agreeableness demonstrates connections with dependence and a contrast with neuroticism, indicating a tendency towards amiability and interdependence. Conscientiousness emerges as a pivotal trait, positively linked with extraversion and negatively with neuroticism, highlighting its role in shaping behavior and social interactions. Overall, these findings offer valuable insights into the complex tapestry of human personality and its implications for interpersonal relationships.

	<i>Conflicts</i>	<i>Closeness</i>	<i>Dependence</i>	<i>Self- esteem</i>
Conflicts	1			
Closeness	0.146980304	1		
Dependence	0.335438173	0.475381728	1	
SELF-ESTEEM	0.094835522	0.102042005	0.168317873	1

Table 02. Correlation between Parent-Child Relationship and self-esteem.

The correlations between conflicts, closeness, dependence, and self-esteem offer intriguing insights into the intricate interplay between interpersonal dynamics and self-perception. While conflicts exhibit a modest positive association with self-esteem, suggesting a potential for empowerment through conflict resolution, closeness, and dependence also show positive connections with self-esteem, indicating the supportive role of interpersonal relationships in bolstering confidence. These findings collectively suggest that self-esteem may be influenced by experiences of conflict resolution, feelings of closeness to others, and reliance on interpersonal support networks. However, the relatively weak associations imply that self-esteem is likely shaped by a myriad of other factors beyond these interpersonal dynamics.

CONCLUSION

The correlation analysis illuminates the intricate interplay between personality traits, self-esteem, and parent-child relationship dynamics. It underscores the influence of traits like neuroticism, extraversion, agreeableness, and conscientiousness on interpersonal interactions. Moreover, it highlights the nuanced relationship between self-esteem and aspects of the parent-child relationship, such as intimacy, dependency, and conflicts. These insights hold significant implications for therapeutic interventions aimed at bolstering self-esteem and improving interpersonal relationships, suggesting the importance of targeting social support networks, conflict resolution strategies, and self-esteem enhancement techniques. Further research employing experimental or longitudinal methods is warranted to elucidate causal relationships and explore additional factors. Overall, these findings empower practitioners to better understand and address the complex dynamics shaping individuals' well-being and relational satisfaction.

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