



Effect of Parenting Styles on Self-Esteem

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Abstract

This study looks at how parental practices affect the self-worth of 98 Indian adolescents between ages of 13-18. Using the Perceived Parenting Styles Scale by Divya and Manikandan (2013) and the Rosenberg Self-Esteem Scale, the research explores correlations between authoritative, authoritarian, and permissive parenting styles and self-esteem, while also examining gender differences. Results indicate a positive correlation between authoritative parenting style and self-esteem ($r = 0.145$) whereas a negative correlation for authoritarian parenting ($r = -0.519$). Permissive parenting also correlated positively ($r = 0.412$) with self-esteem. A t-test revealed no significant gender differences in self-esteem ($p = 0.791$), suggesting that factors other than gender, such as parenting style and societal shifts toward gender equality, may play a more critical role in shaping adolescent self-esteem. The results highlight that authoritative parenting increases a sense of self-worth while strict dictatorial parenting lowers it. Permissive parenting supports self-esteem but may present challenges in discipline.

Keywords - Parenting, Parenting Styles, Adolescent Self-Esteem, Authoritative Parent Style, Authoritarian Parent Style, Permissive Parent Style, Gender, Psychological Development, Parent-Child Relationship.

Introduction

People go through major emotional, psychological, and social changes during adolescence, which is a crucial developmental stage (Semwal, Tripathi, Tyagi, et al., 1 C.E.b). An adolescent's identity and general well-being are greatly shaped during this time by their sense of self-worth. Adolescents' development of self-esteem has been demonstrated to be greatly influenced by parental influence, especially when it comes to parenting approaches. The three types of parenting—permissive, authoritarian, and authoritative—have different effects on how a kid views themselves, how their emotions grow, and how they behave in social situations.

Self Esteem

An Individual's overall perceived evaluation of their own worth is known as their self-esteem, and this can be either positive (elevated self-worth or negative (poor self-worth) (Semwal, Tripathi, Tyagi, et al., 1 C.E.a). It encompasses perceptions about oneself (e.g., "I am worthy" or "I am unworthy") as well as feelings (for example, pride or shame). Self-esteem is a fundamental part of psychological well-being that determines how individuals perceive themselves and engage with the world (Semwal, Tripathi, & Pandey, 1 C.E.). According to psychological literature, having a high sense of self-worth is essential to mental health and wellbeing. Positive outcomes include improved coping mechanisms, increased life satisfaction, and perseverance in the face of adversity are linked to a high sense of self. Conversely, poor self-esteem has been linked with several detrimental effects, such as anxiety, sadness, and an increased susceptibility to stress.

Theories

The Hierarchy of Needs: Abraham Maslow developed Maslow's Structure of Needs, a psychological model that uses an pyramidal structure of demands to describe human motivation, in 1943. Maslow's theory is widely applied to comprehend human development, particularly the maturation of the emotions and brain during adolescence. According to research, this theory provides important insights into how people prioritize various needs as they progress towards self-actualization, especially in studies on parenting and self-esteem. The Basic Pyramid represented as a five-tiered pyramid, with the most basic necessities at the bottom, most sophisticated psychological demands at the top:

1. Physiological requirements: Things like food, water, and shelter are among the most fundamental requirements for human living. Individuals are unlikely to concentrate on higher-level demands until these needs are satisfied.

2. Safety Requirements: When their bodily requirements are met, individuals seek security and protection. It includes emotional stability, such as having stable relationships or a secure home environment, as well as physical and financial safety.

3. Love, Belonging Needs :Individuals seek affection, care, and a feeling of acceptance after they feel safe. These demands are more noticeable throughout adolescence when friends, peer connections, and social ties are formed. This need is greatly influenced by parenting methods, 4. Esteem Needs: Self-esteem (internal) and outward esteem from others are the two categories of esteem needs. While external esteem is based on social acceptance and validation, self-esteem is based on emotions of accomplishment and competence. Self-esteem becomes vital during adolescence as teenagers deal with peer pressure and academic pressure. The way parents react to their children's accomplishments and shortcomings plays a big role in forming an optimistic view of oneself.

5. Self-Actualization Requirements: Achieving self-realisation entails reaching one's potential and working towards personal development. This entails figuring out who they are and what their long-term objectives are for teenagers. Parenting with authority, which strikes a balance between independence and guidance, aids in the development of adolescents' self-actualization.

William James Theory of Self-Esteem: The late 19th-century William James The Self-Esteem Theory postulates our sense of self-worth depends on how well we are doing in comparison to our goals. Put differently, one can define self-esteem as the product of achievement and pretences (aspirations). According to James, people's self-esteem declines when their goals are not met and they feel good about themselves when they succeed in areas that are meaningful to them.

Carl Rogers' Self Theory: A crucial component of self-concept, which results from the fit between a person's ideal self and their real experiences, is self-esteem, according to Carl Rogers' Self Theory. With his introduction of "conditions of worth," one's sense of self-worth is moulded by the opinions and acceptance of others. High self-esteem is fostered by unconditional positive attention, particularly in childhood. Positive parental influence is essential in helping children build a strong, healthy sense of self, according to Rogers, who also noted that people with high self-esteem have better psychological well-being and are more capable of personal growth and self-acceptance.

Coopersmith's Self-Esteem Theory: According to Stanley Coopersmith's Self-Esteem Theory, A person's sense of self-worth is made up of a subjective evaluation of their worth and ability. His concept emphasizes how social factors, as well as self-acceptance and self-evaluation, shape one's sense of self-worth. Coopersmith distinguished four essential aspects of self-worth:

1. Significance: Having other people accept and value you.
2. Competence: Self-assurance in one's aptitudes.
3. Virtue: Consistency with society and personal values.
4. Power: The perception of having influence and control over one's life.

Coopersmith underlined how important early interactions are in helping children develop their sense of self, especially with their parents and classmates. Strong self-esteem is fostered by supportive parents, and this in turn produces more positive behaviors and better psychological results. His paradigm emphasizes how crucial supportive surroundings are to the growth of a robust, healthy sense of self.

Parenting

A child's upbringing has a big influence on their behaviour, sense of self, and general development. That parents engage with young ones might affect their mental and emotional well-being for a long time. Three main parenting philosophies are generally recognised by psychologists: permissive, authoritarian, and authoritative. Each has unique traits and effects on a child's growth.

Diana Baumrind's Parenting Styles:

Authoritative: defined by stringent demands and a high level of retaliation. Along with establishing firm limits and expectations, parents offer kindness, encouragement, and open communication. They retain discipline while simultaneously promoting independence. Having both supervision and autonomy, children raised by authoritative parents are more likely to acquire excellent social skills, emotional regulation, and self-esteem.

Authoritarian Parenting Style: Authoritarians have high expectations but poor response times. They expect loyalty and impose rigid standards, frequently with little room for justification or compromise. Instead of rewarding their children positively, these parents typically employ punishing methods. Children who grow up in authoritarian homes are frequently discouraged from voicing their ideas or pursuing their independence, which can lead to low self-esteem, increased anxiety, and difficulties in social situations.

Permissive Parenting Style: Permissive parents are very receptive and don't impose many rules or restrictions. They let kids control their own behaviour because they are forgiving and like to avoid conflict. Although loving and communicative, permissive parents can cause behavioural problems in their children, including poor academic achievement, low self-esteem, and difficulty with self-discipline.

Attachment Theory (John Bowlby and Mary Ainsworth)

According to Bowlby, children have the capacity to develop strong emotional ties with their primary carers from birth. The child's sense of security and emotional growth depend heavily on these ties, or attachments. In order to guarantee that these ties develop successfully, Bowlby noted the requirement for a reliable and accommodating caretaker.

Secure Attachment: When parents are continuously present, nurturing, and responsive, secure attachment develops. This method fosters great self-esteem and confidence in kids by making them feel protected and respected. These kids are typically more socially proficient, resilient, and have a strong sense of security as they explore their surroundings.

Insecure Attachment: Feelings of worry, uncertainty, and low self-worth result from inconsistent or negligent parenting. Among the varieties are:

Anxious-Ambivalent: Children who experience significant levels of worry and self-doubt also grow unduly reliant on carers.

Avoidant: Children who struggle to maintain good relationships may repress their feelings and become emotionally detached.

Disorganized: Children who get inconsistent care behave erratically, which causes confusion and lowers their sense of value.

Adolescents

Participants in this study were adolescents aged 13-18, selected due to the critical developmental phase during which self-esteem is particularly malleable and influenced by parental interactions. Adolescence is a critical period of development marked by rapid emotional, social, and psychological changes, where self-esteem plays a central role in shaping an individual's identity and total well-being. Adolescents' growth of sense of worth are profoundly molded by their caregivers' parenting practices. High self-esteem is typically fostered by authoritative parenting, which is defined by warmth, attentiveness, and high expectations. Research has indicated that teenagers reared by parents with authority frequently display enhanced emotional control, increased self-esteem, and enhanced social skills (Baumrind, 1966). On the other hand, self-esteem can be damaged by authoritarian parenting, which is cold and harsh while encouraging feelings of inadequacy and failure-related dread. Studies reveal that adolescents raised in authoritarian environments may experience low self-esteem as a result of negative reinforcement and undue pressure (Kumru, 2010). Although kind, permissive parenting lacks proper limits, which can cause problems with self-control and stability and possibly lead to varying degrees of self-esteem (Dornbusch et al., 1987).

Because adolescence is a time of fast physical, emotional, and social change, it is crucial for the development of self-esteem. Studies have indicated that adolescents who have secure attachment and authoritative, supportive parenting are more likely to be resilient and confident in their ability to adjust to

these changes (Maccoby & Martin, 1983). On the other hand, those who have unstable relationships or who grow up under authoritarian or negligent parenting may find it difficult to form a solid self-concept, which can result in problems like anxiety, social disengagement, and low self-esteem (Ainsworth, 1978). Therefore, the way that parenting approaches and self-esteem interact shapes how teenagers view themselves and engage with their surroundings, which in turn affects their general developmental trajectory and well-being.

Literature Review

Akram et al (2024) *The Efficacy Of Parenting Styles: An In-Depth Analysis Of Their Influence On The Development Of Adolescents' Self-Esteem* examines how different parenting styles—authoritative, permissive, and authoritarian—affect adolescents' self-esteem. Authoritative parenting is linked to higher self-esteem due to its balance of responsiveness and expectations, while permissive parenting also supports higher self-esteem through warmth. Authoritarian parenting, which prioritizes control, tends to result in lower self-esteem. The study emphasizes how crucial dynamics of gender and parenting practices play a role in forming teenagers' self-concepts.

Malik (2024) *Relationship among Impostorism, Parenting practices and Self-concept* investigates link among impostor syndrome, self-concept, and parenting styles among 300 professional students (ages 18-25) from Indian engineering institutes. Using the Measure of Parental Style (MOPS), the Self-Esteem scale, and Clance's IP scale (CIPS), the analysis reveals that impostorism levels are average among participants. Results show a significant positive correlation between impostorism and certain parenting styles, particularly overcontrolling parents, while self-esteem is negatively correlated with impostorism. Self-esteem and overcontrolling parenting, especially by mothers, are strong predictors of impostor syndrome.

Akunne, Akuezilo & Etele (2023) *The Relationship among Parenting Style And Self-Esteem Among Middle School Students In Anambra State* examines connection among self-esteem and parenting practices among Anambra State Middle school pupils. This study was guided by two (2) hypotheses and two (2) research questions. The research design utilized in the study was correlation survey. The study's accessible population comprised 4479 SS II secondary school pupils who inhabited Awka education zone of Anambra state. 448 SS II students made up the study's sample, which was selected through a multistage sampling procedure. A structured questionnaire named the "Parenting Style Questionnaire (PSQ) and Self-esteem Questionnaire (PSQ)" is the tool used to collect data. Cronbach Alpha statistics were used to determine the instrument's dependability; the results showed that PSQ = 0.671 and SEQ = 0.815. The direct delivery method was used to administer the questionnaire and collect data.

Azhar & Dad (2023) *Impact of Parenting Styles on Adolescents' Self-Esteem in Relation with Demographic Variations* examines how parental perceptions affect the self-esteem of teenagers in public and private secondary schools, focusing on demographic variables such as gender, age, and family income. Conducted in Attock, Rawalpindi, Hafizabad, and Lodhran, the research confirms that parenting methods significantly impact adolescents' self-esteem and that demographic differences play a key role. The findings suggest that comprehending these connections, parents, teenagers, as well as schools can establish settings that improve student motivation.

Sethi & Singh (2023) *Parenting Styles And Self-Esteem In Adolescents* examine how different styles of parenting affect teenagers' self-esteem in the Indian setting. The four main styles of parenting covered in this study are permissive, authoritative, authoritarian, and neglectful. Previous studies have demonstrated that both liberal and authoritarian parenting approaches have substantial impact on the sense of worth, negligent parenting frequently has a adverse developmental impact on adolescents. Using a sample of 110 teenagers from Delhi and the National Capital Region (NCR) between the ages of 13 and 19, the study employs a random sampling technique. Psychological disorders are not included in the sample, and only stable families with homemaker moms are taken into account.

Jain, Bansal & Dagar (2022). *Parenting Style and Its Relationship with Hope and Self-Concept of Teenagers* explored the link among perceived parenting practices with adolescents' hope and self-esteem in northern India. The sample included 80 participants aged 15 to 18. Data was collected using the Parental Authority Questionnaire (PAQ), State Hope Scale, Rosenberg Self-Esteem Scale. Results indicated a strong positive association between authoritative parenting and greater optimism and self-concept. In contrast, authoritarian parenting was negatively linked with both outcomes, with fathers' authoritarian style having a

more detrimental effect. These findings align with previous research and cultural insights on parenting in India.

Hassan et al (2021) Relationship of Parenting Styles with Decision-Making and Self-concept among Adolescents explored the impact of parenting practices on decision-making and self-concept among 400 college students (200 male and 200 female) from Rawalpindi and Attock. The Self-Concept Questionnaire, the Melbourne Decision Making Questionnaire, and the Parental Authority Questionnaire were used, findings reveal strong negative correlations between self-perception and authoritarian or permissive parenting styles. Specifically, authoritarian parenting is significantly linked to lower self-esteem, while lenient parenting shows varying effects based on gender. The study also highlights that the relationship between decision-making styles and parenting practices, particularly hypervigilance, is influenced by gender.

Yaffe(2021) Identifying the parenting techniques and practices linked to high and Low sense of worth amongst middle to late adolescents from Hebrew-literate Bedouin families investigates how perceived parenting practices impact self-reliance, interpersonal relationships, feelings of inadequacy, and attitudes towards school among 548 Asian teenagers, accounting for their self-esteem. It finds that inadequacy and self-reliance are strongly linked to fathers' parenting styles, especially for Chinese and Malay adolescents. Malay teens' attitudes towards school are influenced by their mothers' parenting styles. The study highlights the significant role of authoritarian parenting and the differing effects of paternal and maternal styles on adolescents. It offers insights for teachers and psychological wellness specialists who work with adolescents and family members.

Szkody, Steele, & McKinney (2020) Effects of Parenting Styles on Psychological Problems by Self-Esteem and Gender Differences explores the indirect impact of parenting styles on psychological issues in emerging adults, considering self-esteem and gender as moderating factors. The study of 381 participants reveals that maternal authoritative parenting is associated with a high sense of worth in females that in turn links to fewer psychological issues. Findings underscore a strong connection between high self-esteem and lower psychological distress, particularly for females, highlighting the lasting influence of parenting styles on mental health and self-esteem development.

Pinquart and Gerke (2019) Associations of Parenting Styles with Self-Esteem in Children and Adolescents: A Meta-Analysis examines the link between parenting styles and self-esteem in children and adolescents through a review of 116 studies. The analysis found that authoritative parenting is associated with a moderate increase in sense of worth ($r = 0.26$), while authoritarian ($r = -0.18$) and neglectful parenting ($r = -0.18$) are linked to low sense of worth. Permissive parenting showed an extremely slight positive connection ($r = 0.07$) when defined by low control and high warmth. The study indicates that children can influence parenting styles but not vice versa, underscoring the complexity of these relationships and the need for more longitudinal research to explore potential bidirectional effects.

Aremu, John-Akinola, and Desmennu (2018) Association Among Parenting Styles and Adolescents' Self-worth explores the impact of parenting styles on the self-esteem of adolescents, with a focus on gender differences among students in Ibadan, Nigeria. The researchers used a multi-phase sampling method to gather insights from 504 school kids through a parental authority questionnaire and a self-esteem questionnaire based on the Rosenberg scale. They found that the average age of the participants was 14.9 years, and their average self-esteem score was 24.0. Notably, about one-third of the adolescents described their fathers (36.3%) and mothers (38.9%) as having an authoritative or flexible parenting style. The results indicated a substantial positive association among flexible parenting styles and sense of worth, with dads scoring $r = 0.141$ ($p = .001$) and moms scoring $r = 0.137$ ($p = .001$). Overall, the study emphasizes the important link among perceived parenting styles and the sense of worth of adolescents, shedding light on how supportive parenting can make a difference in their lives.

Rahman et al (2017) The Relationship Between Parenting Style And Self-Concept examines the relationship between parenting style and teenage self-concept among 74 students from the Islamic Science University of Malaysia. Using the TSCS: 2 and BPTI questionnaires, data was analyzed with SPSS. Results showed a negative link among permissive parenting and the concept of self ($r = -0.203$), no significant relationship with authoritarian parenting ($r = 0.036$), and a positive correlation with authoritative parenting ($r = 0.274$).

Zhaleh & Niloofar (2017) Studying the relationship between parenting styles and self-concept in adolescents investigated the relationship between adolescent self-concept and parenting practices using descriptive correlation analysis. A sample of 181 high school students from Darab city was selected through multi-stage cluster sampling. The study used the self-concept survey and Alabama Parenting Styles Questionnaire. Data analysis, conducted with SPSS using stepwise regression and Pearson correlation, showed a strong link among parenting practices with self-concept. Additionally, it was discovered that self-concept was significantly predicted by parenting style.

Martínez and García (2014) Impact of Parenting Styles on Adolescents' Self-Esteem and Internalization of Values in Spain explores how various parenting styles influence the outcomes of Spanish adolescents. Analyzing a sample of 1,456 teenagers aged 13 to 16, the study categorizes parents as authoritative, authoritarian, indulgent, or neglectful. Results indicate that teenagers from indulgent homes exhibit equal or improved outcomes compared to those into households with authority. Indulgent parenting is associated with higher sense of worth, particularly in academia and family domains, while authoritarian parenting correlates with the lowest self-esteem scores. Additionally, adolescents with indulgent parents prioritize Schwartz's self-transcendence and conservation values similarly to those with authoritative parents, whereas those with authoritarian or neglectful parents assign the least importance to these values. Overall, the findings underscore the complex relationship between parenting styles, self-esteem, and value internalization among adolescents.

Alsheikh, Parameswaran, and Ethoweris (2010) Parental Style, Self-Worth and Adolescent Performance in the UAE examines how parenting methods affect the academic performance and self-esteem of students in grades 4 to 7 in UAE public schools. The study involved 162 children, equally divided between boys and girls, who shared insights about their parents' child-rearing practices, categorized into autonomy granting, demandingness, and responsiveness. Results showed that a demanding parenting style significantly impacted students' GPA scores, with both gender and age influencing these styles. Additionally, factors like family closeness and effort were strongly linked with academic performance, while their autonomy was adversely associated with it. Notably, self-esteem did not correlate with any of the variables examined. This study sheds light on the intricate relation among parental upbringing approaches with teenager's academic success in UAE.

Quatman and Watson (2010) Gender Differences in Adolescent Self-Esteem: An Exploration of Domains investigates gender-related patterns in adolescent self-esteem across specific domains. Working with 545 students from Grades 8, 10, and 12, the study assessed eight areas of self-worth, including individuals' emotional security, relationship at home, peer appeal, and achievement in school. Boys showed slightly higher overall sense of worth than girls, scoring considerably better in 6 out of 8 domains. Both genders' sense of worth was most strongly influenced by similar factors, such as family relationships, personal security, and academic performance, with grade level having no significant effect on these results.

Ang (2006). Effects of parenting style on personal and social attributes for Asian Teenagers. American Journal of Orthopsychiatry examines how perceived parenting styles affect self-reliance, interpersonal relationships, feelings of inadequacy, and attitudes towards school in 548 Asian adolescents, while controlling for self-esteem. It finds that fathers' parenting styles are linked to adolescents' sense of inadequacy and Malay adolescents' self-reliance. The parenting of mothers impacts only Malay teenagers' attitudes towards school. This study discusses the effects of authoritarian parenting and differences between paternal and maternal impacts, with implications for educators and mental health practitioners.

Milevsky, Schlechter, Netter, and Keehn (2006) Maternal and Paternal Parenting Styles in Adolescents: Associations with Self-Esteem, Depression and Life-Satisfaction investigates how different maternal and paternal parenting styles affect adolescent psychological adjustment. The study involved 272 teenagers attending a public high school in the Northeast of the United States, from ages 9 and 11, who completed assessments of parenting styles and measures of self-esteem, depression, and life satisfaction. Findings revealed that authoritative mothering is associated with increased self worth and life satisfaction, along with low levels of depression. While paternal parenting styles also influence psychological maturity, their benefits of authoritative fathering compared to lenient fathering were less pronounced, being evident primarily in relation to depression. This study emphasizes the importance of understanding how both maternal and paternal styles contribute to variations in adolescent well-being.

Donald et al (2004) Child-rearing Behaviors and Adolescent Self-Esteem : An Examination of Reciprocal Effects looked at the impact of teenagers' self-esteem on perceived parental control and support. Their findings indicated that adolescents' self-esteem and perceived parental behavior were correlated, found the self-worth of adolescents and parental support had a positive association, while adolescents' self-esteem and parental control were negatively correlated.

Method

Aim

To study the effect of parenting styles on self-esteem of adolescents

Objectives

To understand the relationship between Parenting styles and self-esteem

To measure the self-esteem levels of adolescents across different parenting styles.

To study the gender differences in the self-esteem of the students.

Hypotheses

There is a significant relationship between Authoritarian Parenting Style and Self-Esteem.

There is a significant relationship between Authoritative Parenting Style and Self-Esteem.

There is a significant relationship between Permissive Parenting Style and Self-Esteem.

There is a significant gender difference in self-esteem levels .

Participants

The study targets adolescents aged 13-18 years in India, aiming for a sample size of 100- 120 participants, which can be adjusted based on resources. Participants will be recruited using convenience sampling from schools, online platforms, and community groups.

Test & Tools Used

The Perceived Parenting Style Scale (Divya & Manikandan, 2013) measures children's perceptions of their parents' behavior across three dimensions: authoritarian, authoritative, and permissive. It consists of 30 statements rated on a five-point rating scale from 1 as Strongly Disagree to 5 as Strongly Agree. Reliability is high, with Cronbach's Alpha coefficients for authoritative, authoritarian, and permissive are 0.79, 0.81 and 0.79 respectively.

The Rosenberg Self-Esteem Scale (RSES) (Rosenberg, 1965) is widely used to measure self-esteem and is suitable for adolescents, a 10-item questionnaire with high reliability (internal consistency of 0.77 and a minimum Coefficient of Reproducibility of 0.90). It uses a four-point Likert scale from 1 denoting Strongly Disagree till 4 denoting Strongly Agree. Positive statements (1, 2, 4, 6, 7) are scored normally, while negative statements (3, 5, 8, 9, 10) are reverse scored.

Procedure

The study targeted adolescents aged 13-18 in India, with a sample size of 100 participants. Recruitment was conducted using convenience sampling from schools, online platforms, and community groups. Data was collected via an online survey (Google Forms), with informed consent obtained from participants. The Perceived Parenting Style Scale (30 items, five-point Likert scale) and the Rosenberg Self-Esteem Scale (10 statement, four-point rating scale) were used for assessments. The data was pooled, and T-test was employed for statistical data analysis .

Results

Table 01: mean & standard deviation and results of t test in gender difference in self esteem

Variable	Gender	N	M	SD	Sig.(2 tailed)
Self Esteem	Male	49	22.953	4.859	0.791
	Female	49	23.203	4.405	
Parenting Style	Both	98	91.01	12.498	

The mean self-esteem scores for males (22.953) and females (23.203) are similar, indicating comparable self-esteem levels across genders. The t-test significance value (0.791) is well above 0.05, showing no statistically significant difference in self-esteem between genders. This suggests that self-esteem is likely influenced by factors other than gender. Additionally, the overall mean parenting style score (91.01) with a standard deviation of 12.498 reflects moderate variability, indicating that adolescents generally perceive a structured and involved parenting style, though perceptions vary significantly.

Table 02: correlation between self esteem & parenting styles

Parenting Style	Authoritative	Authoritarian	Permissive
Self Esteem	-0.519	0.412	0.267

Note: Correlation is significant to 0.01 (2 tailed)

The correlation analysis shows a positive connection (0.145) among authoritative parental behavior and self-worth, suggesting slightly higher self-esteem in adolescents raised in such environments. In contrast, authoritarian parenting has a negative connection (-0.519) with self-esteem, indicating that more controlling parenting is linked to poor self-esteem. Permissive parental behavior, with a positive relation (0.412), is associated with higher self-esteem, suggesting that adolescents with more freedom and less structure tend to have higher self-worth.

Graph
Figure 1

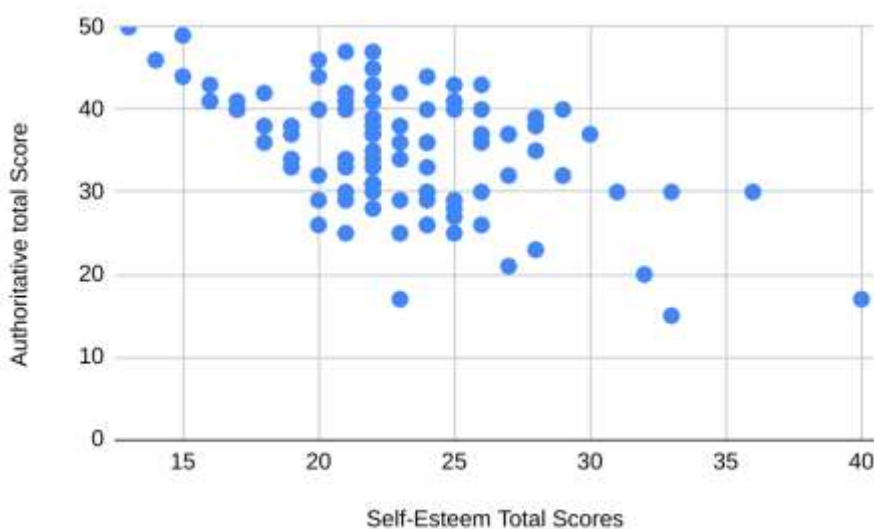


figure 1. this scatter plot shows connection amongst authoritative parenting style and self-worth among teenagers

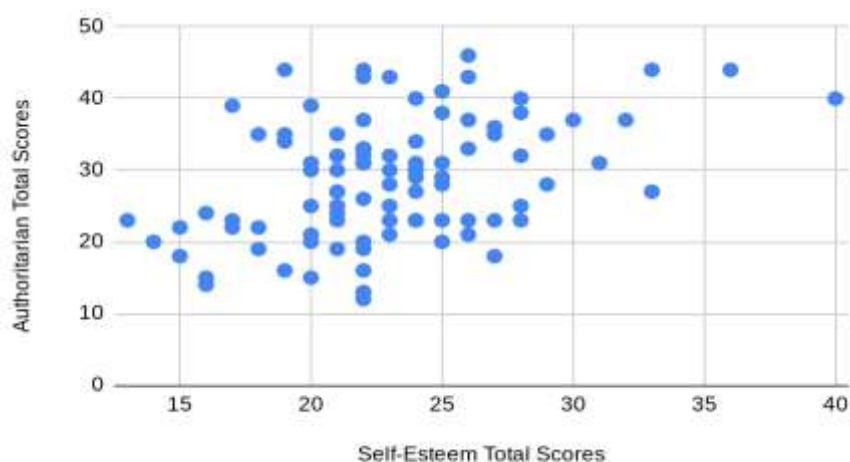
Figure 2

figure 2. this scatter plot shows connection amongst authoritarian parenting style and self esteem among teenagers

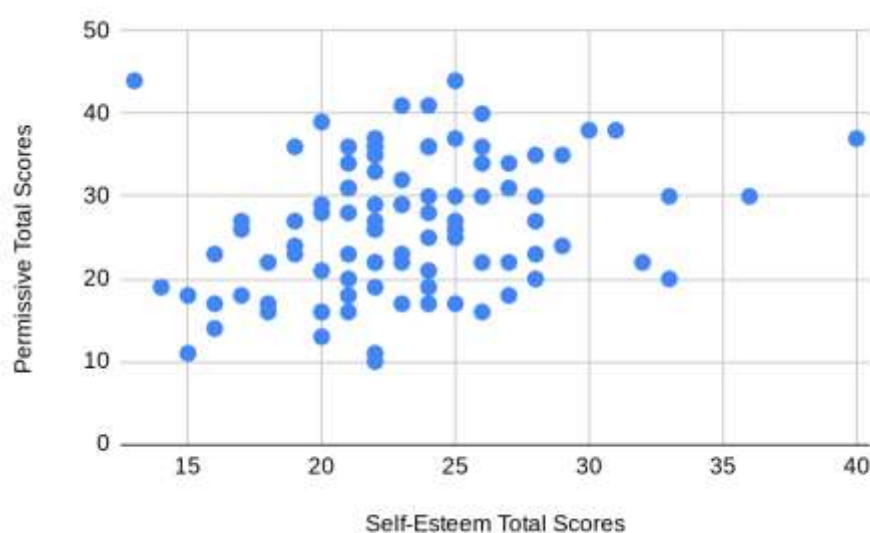
Figure 3

figure 3. this scatter plot shows the connection among permissive parenting style and self worth among teenagers

Discussion

The study uncovered a positive relationship ($r = 0.145$) among authoritative parental behavior and adolescent self-worth, demonstrating that adolescents raised in authoritative households tend to have somewhat higher levels of self-worth. This is consistent with the findings of Jain, Bansal, and Dagar in 2022, who reported that authoritative parenting is associated with positive outcomes like hope and self-esteem in teenagers. Authoritative parents create a balanced environment that promotes both emotional support and clear expectations, allowing adolescents to feel secure and develop a positive sense of self. (Baumrind 1966) the previous study also highlighted the positive effects of this parenting style, showing that authoritative parents foster healthy self-esteem through open communication and supportive, structured environments.

However, the relatively low correlation observed in this study suggests that while authoritative parenting positively impacts self-esteem, other factors such as peer relationships and social influences also play a significant role. Donald et al. (2004) emphasized the importance of peer influence, noting that adolescents' perceptions of their social standing significantly impact their self-worth. Additionally, the rise of social media has introduced new pressures, as adolescents are exposed to constant comparisons and idealized versions of their peers, which can undermine their self-esteem. These external influences may explain why the relationship among authoritative parental behavior and self-worth is not stronger in this study, reflecting an array among the factors shaping adolescent self-esteem in today's context.

In contrast, the research discovered a negative association ($r = -0.519$) among authoritarian parental behavior and self worth, suggesting that adolescents raised by authoritarian parental behavior tend to have lower self-esteem. This finding aligns with Kumru (2010), who reported that authoritarian parenting is marked by high expectations and poor emotional responsiveness, which frequently results in feelings of inadequacy and self-doubt. This strict control and absence of emotional assistance in authoritarian households are able to stifle emotional growth, resulting in diminished self-worth.

This negative correlation can also be understood in the context of increasing societal pressures on adolescents. Ang (2006) noted that authoritarian parenting can exacerbate stress, particularly in cultures or families that prioritize academic achievement. In such environments, adolescents face high expectations from both parents and society, which, when combined with strict parenting, can lead to feelings of failure and lower self-esteem. Hassan et al. (2021) also found a strong negative correlation between authoritarian parenting and self-concept, reinforcing the notion that overly controlling parenting undermines adolescents' self-worth. These findings suggest that authoritarian parenting, especially when combined with modern academic and social pressures, has a significantly detrimental effect on adolescent self-esteem.

Additionally, the study found a positive relationship ($r = 0.412$) among permissive parental behavior and feeling of worth, indicating that adolescents raised in permissive households tend to report higher self-esteem. Dornbusch et al. (1987) similarly found that permissive parents, while lenient in discipline, provide emotional warmth and acceptance, which can foster a sense of self-worth. Adolescents in permissive households often enjoy greater freedom, which may enhance their confidence and sense of independence.

However, while permissive parenting boosts self-esteem, it may also lead to other challenges. Rahman et al. (2017) reported that permissive parenting is negatively correlated with self-concept, suggesting that the lack of structure can result in poor self-regulation and academic performance. Adolescents raised in permissive environments may feel valued and accepted in the short term, but the absence of clear boundaries may hinder their long-term emotional and behavioral development. In today's context, where adolescents are granted increasing autonomy—particularly through the internet and social media—permissive parenting may align with their need for independence. However, this freedom without sufficient structure could explain why, despite higher self-esteem, these adolescents may face other developmental difficulties.

Interestingly, the study did not find a significant gender disparity in self-esteem amongst boys (22.953) and girls (23.203), with a p-value of 0.791. This finding contradicts earlier research, such as Quatman and Watson (2010), which suggested that females typically have lower self-esteem during adolescence due to societal pressures related to body image and social acceptance. The results of this study imply that gender may not have as much of an impact as a factor in shaping self-worth as previously thought, especially in today's evolving social landscape. Zhaleh and Niloofar (2017) argued that shifting gender roles and the growing emphasis on gender equality have helped narrow the gap in self-esteem between males and females. Adolescents today are exposed to similar pressures—whether academic, social, or online—which might explain the nearly identical self-esteem scores between genders in this study.

Furthermore, the increased focus on mental health awareness and emotional support for both genders may contribute to this balance. In environments where emotional and psychological support is accessible to both boys and girls, the traditional gender gap in self-esteem may diminish. Hassan et al. (2021) also suggested that parenting styles, rather than gender, are more influential in shaping self-concept. This highlights that parental influence and the broader social environment may play a more critical role in determining self-esteem than gender differences alone, aligning with the findings of the current study.

The overall mean parenting style score of 91.01 with a standard deviation of 12.498 suggests that, on average, adolescents in the study perceived their parents as moderately involved in their upbringing. However, the standard deviation reflects moderate variability in the way parenting styles were perceived, indicating that while many adolescents experienced structured and supportive parenting, others encountered more lenient or strict parenting approaches. Sethi and Singh (2023) found similar variability in their study on Indian adolescents, noting that parenting practices can vary significantly based on factors like cultural values, socioeconomic status, and family dynamics.

This variability in parenting styles and their effects on self-esteem may be influenced by demographic differences, as noted by Azhar and Dad (2023). They emphasized that factors such as family income, education level, and access to resources can shape how parenting is practiced and, consequently, how adolescents perceive their parents' behavior. This could account for the diverse experiences reported by adolescents in this study, with some benefiting from more balanced, authoritative parenting, while others struggled with the effects of either overly strict or overly permissive parenting.

Conclusion

This research highlights the significant impact of parenting methods on adolescents' self-perception, particularly regarding their self-esteem. Authoritative parenting is linked to high self-esteem because it combines emotional support with guidance. In contrast, authoritarian parenting is associated with lower self-esteem, as adolescents raised in more restrictive and less supportive environments often experience a decline in their self-worth. Conversely, permissive parenting can have mixed effects; while some adolescents report higher self-esteem, they may struggle with issues related to discipline and accountability. The lack of variation in self-esteem based on gender suggests that factors such as upbringing styles and social influences are critical in shaping teenagers' self-esteem, beyond just gender alone. These findings are consistent with previous studies emphasizing the importance of balanced, supportive parenting in promoting adolescents' psychological well-being. However, one limitation of this research is its reliance on self-reported data, which may be influenced by individual perceptions. Additionally, the sample size and diversity restrict the ability to generalize the results to larger populations. The implications of this research indicate that parenting interventions should aim to foster a balanced approach that combines warmth and structure. Future research should investigate how parenting styles influence factors like peer pressure and media exposure to provide a more comprehensive understanding of adolescent self-esteem.

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