



EFFECT OF PARENTING STYLE ON SELF-ESTEEM OF ADOLESCENTS

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Abstract

Objective: This study aims to examine the relationship between perceived parenting style and self-esteem in adolescents. The sample comprised 120 adolescents (60 males and 60 females) aged 12-19 years from diverse socio-economic backgrounds. The parenting styles were assessed using the Perceived Parenting Style Scale (PPSS) and the Rosenberg Self-Esteem Scale (RSES) was used to measure self-esteem. The results of the study showed that adolescents' perception of authoritative parenting style was positively associated with self-esteem, while the perception of authoritarian and permissive parenting styles were negatively associated with self-esteem. Additionally, gender differences were observed, which found there is significant gender difference in perception of parenting style and self-esteem. The findings suggest that parenting style has a significant impact on the self-esteem of adolescents, and authoritative parenting can foster healthy self-esteem development in adolescents. The study concludes with implications for parents, educators, and mental health professionals in promoting positive parenting styles that enhance adolescents' self-esteem.

Keywords: Percieved parenting style, Authoritative, Authoritarian, Permissive, Self-esteem, Adolescents.

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INTRODUCTION

Adolescence is a crucial stage of development that marks the transition from childhood to adulthood. This period is typically characterized by significant physical, emotional, social, and cognitive changes, as individuals navigate their way towards greater independence and autonomy. Adolescents are young people who are going through this stage of development, typically between the ages of 10 and 19, although the exact age range can vary depending on cultural and contextual factors. During adolescence, individuals experience a range of challenges and opportunities that help shape their identity and prepare them for adult life. This stage of development is marked by increasing self-awareness and self-consciousness, as well as heightened concern for peer acceptance and social status. Adolescents also grapple with issues related to their changing bodies, developing sexuality, and forming intimate relationships. Despite the many challenges that adolescents face, this stage of development also offers unique opportunities for growth and development. Adolescents have the capacity for abstract thinking, self-reflection, and the exploration of new ideas and interests. They are also capable of forming meaningful relationships and developing a sense of purpose and identity. Parenting style is a crucial factor in shaping children's development, behaviour and well-being. It refers to the approach that parents use to raise their children, including their expectations, attitudes, and behaviors towards their children. On the other hand perceived parenting style refers to the way in which a child perceives the attitudes, behaviors, and practices of their parents or caregivers. It is based on the child's interpretation of their interactions with their parents and how they are raised, rather than on the parents' intended style. According to Baumrind (1966), there are three main parenting styles: authoritative, authoritarian and permissive.

- Authoritative parenting style - it is characterized by high levels of warmth, responsiveness, and support, as well as high levels of control and discipline. In authoritative parenting, parents set clear and consistent rules and expectations for their children, while also being supportive and responsive to their emotional needs. Authoritative parents encourage their children to express their opinions and feelings, and to make their own decisions within appropriate limits. They provide guidance and feedback, rather than simply demanding obedience. Overall, authoritative parenting style is considered to be a balanced approach that combines warmth and responsiveness with clear expectations and

consistent discipline. This approach to parenting has been found to promote positive outcomes for children.

- Authoritarian parenting style - it is characterized by high levels of control and discipline, but low levels of warmth and responsiveness. In this style of parenting, parents typically set strict rules and expectations for their children, and enforce them with harsh discipline and punishments. Authoritarian parents tend to be very demanding and directive, often using coercive tactics to gain compliance from their children. They may have high expectations for their children's behavior and academic performance, and may be critical or punitive if these expectations are not met. Overall, authoritarian parenting is considered to be a highly controlling and directive approach that can have negative consequences for children's well-being.
- Permissive parenting style - it is characterized by low levels of control and discipline, but high levels of warmth and responsiveness. In this style of parenting, parents tend to be very nurturing and accepting of their children, but they may be hesitant to set firm rules or expectations for behavior. Permissive parents may be reluctant to use punishment or discipline, and may instead try to reason with their children or use positive reinforcement to encourage good behavior. They may be more concerned with their children's happiness and well-being than with enforcing strict standards of behavior or achievement. Overall, permissive parenting is considered to be a low-control and high-warmth approach that can have both positive and negative consequences for children's development.

Self-esteem is a crucial aspect of our psychological well-being and influences how we perceive ourselves, our abilities, and our place in the world. It is defined as an individual's overall subjective evaluation of their worth and value as a human being. Self-esteem plays a significant role in our thoughts, feelings, and behaviors and can affect various areas of our lives, such as our relationships, work, and mental health. Self-esteem is developed in childhood and adolescence, and it is influenced by various factors, including parenting style, peer relationships, cultural norms, and individual experiences. Children who grow up in a nurturing environment, with parents who provide love, support, and encouragement, are more likely to develop high self-esteem. On the other hand, children who experience abuse, neglect, or

criticism are more likely to develop low self-esteem.

METHODOLOGY

Objectives

1. To assess correlation between authoritative, authoritarian, permissive parenting styles and self-esteem among adolescents.
2. To assess gender difference on perceived parenting style and self-esteem among adolescents.

Hypothesis

1. There will be significant difference between perceived parenting style and self-esteem among adolescents
2. There will be a significant positive correlation between authoritative parenting style and self-esteem among adolescents
3. There will be a significant negative correlation between authoritarian parenting style and self-esteem among adolescents
4. There will be a significant negative correlation between permissive parenting style and self-esteem among adolescents.
5. There will be significant gender differences between perceived parenting style and self-esteem among adolescents.
6. There will be significant gender difference on self-esteem among adolescents.

SAMPLE

Adolescents aged 12-19 years from diverse socio-economic backgrounds. The final data set contains 120 adolescents of which 50% are males and 50% are females.

PROCEDURE

Cross-sectional study using simple random sampling and purposive sampling was adopted using selection of suitable techniques, such as scales, to evaluate the variables to be measured. Following the evaluation of the variables, the appropriate statistical method was used to validate the findings for their significance. Finally, the suggested hypotheses as well as the previous literature were cross-checked with the initial findings to determine the intended outcome. The required sample was collected through online survey administration. Prior consent was obtained before filing the actual questionnaire. The participants were informed about the purpose and necessity of the study. All the tools were administered individually. The participants were assured of the confidentiality of the obtained data, and they were further assured that their information would be used only for research

purposes. The respondents took about 8-10 minutes to complete the questionnaire. They were allowed to ask any queries about any of the test items through e-mails. Documentation of data and, accordingly, data entry was done for further statistical analysis. Under data entry, mainly Excel worksheets were generated. Raw scores, percentiles, and, accordingly, the category of each sample were noted for all three variables. Appropriate statistical techniques were applied for the interpretation of collected data.

PSYCHOMETRIC TOOLS USED

Keeping in view, our variables, the aims of the study, and the nature of the sample, appropriate tools were selected. In this study we selected the following tools:-

1. Perceived Parenting Style Scale (PPSS) – The Perceived Parenting Style Scale (PPSS) is a self-report questionnaire that measures adolescents' perceptions of their parents' parenting styles. Developed by Divya and Manikandan in 2013, the scale is based on Baumrind's theory of parenting styles, which identifies three distinct styles: authoritative, authoritarian, and permissive. The PPSS consists of 30 items, each rated on a 5-point Likert scale, that assess adolescents' perceptions of their parents' behavior in areas such as warmth, control, discipline, and communication. The PPSS has been widely used in research to investigate the impact of parenting styles on adolescent development. Its strengths lie in its ability to provide scores for each of the three parenting styles, allowing researchers to identify which style is most prominent in an adolescent's perception of their parents. The scale has also been found to be reliable and valid across different cultural contexts, making it a valuable tool for researchers working in diverse settings.

2. Rosenberg Self-esteem Scale (RSES) – The Rosenberg Self-Esteem Scale is a widely used self-report tool developed by Morris Rosenberg in 1965 to assess an individual's level of self-esteem. Self-esteem is a fundamental aspect of personality that can have significant effects on emotional, social, and cognitive well-being. The scale consists of 10 items that assess an individual's overall sense of self-worth, self-respect, and self-confidence. Respondents rate their level of agreement with statements such as "I take a positive attitude toward myself." The RSES provides a total score, with higher scores indicating higher levels of self-esteem. The scale has been found to be reliable and valid across different populations and cultural contexts, making it a valuable tool for researchers

and clinicians. The scale's simplicity and brevity make it a convenient tool for assessing self-esteem in diverse groups.

ETHICAL CONSIDERATIONS

Before participating in the study, the participants were asked to for their consent to fill the questionnaire and only volunteer consenting subjects were included. The participants were explained about the form and its objective. Rapport was established with the participants. Confidentiality of the participants and privacy of their responses were assured and ensured. Once the participants consented the forms were given to

them and each participant completed the same in an average time of 10 minutes.

DATA ANALYSIS

Software program Statistical Package for Social Science Version 16 (SPSS 16) is utilized for statistical analysis. Data were collected, coded, and descriptive analysis was completed. The Pearson correlation coefficient was used to establish the substantial association between different parenting styles and self-esteem among adolescence. This test is parameterized because we already know the population distribution is normal, or if not, we can quickly estimate it to a normal distribution.

RESULT AND DISCUSSION

Table Number 1: Correlation Table

Variables	Authoritative	Authoritarian	Permissive	Self-esteem
Authoritative Sig. (2-tailed)	1	-.646** .000	-.646** .000	.278** .002
Authoritarian Sig. (2-tailed)	-.646** .000	1	.969** .000	-.397* .001
Permissive Sig. (2-tailed)	-.646** .000	.969** .000	1	-.209* .022
Self-esteem Sig. (2-tailed)	.278** .002	-.397* .001	-.209* .022	1

The table number 1 shows that there is a significant difference between perceived parenting style and self-esteem. Therefore, the hypothesis "There will be a significant difference between perceived parenting style and self-esteem among adolescents" stands supported. In the same table it is shown that there is a significant positive correlation between authoritative parenting style and self-esteem. Therefore, the hypothesis "There will be a significant positive correlation between authoritative parenting style and self-esteem among adolescents" stands supported. From the same table it is also shown that there is a significant negative correlation between authoritarian parenting style and self-esteem. Therefore, the hypothesis "There will be a significant negative correlation between authoritarian parenting style and self-esteem among adolescents" stands supported. Eventfully the result also shows that significant negative correlation between permissive parenting style and self-esteem. Therefore, the hypothesis "There will be a significant negative correlation between permissive parenting style and self-esteem among adolescents" stands supported.

The parenting style has been found to have a significant impact on the development of self-esteem among adolescents. The present study's results indicate that authoritative parenting is positively correlated with self-esteem, whereas

authoritarian and permissive parenting styles are negatively correlated with self-esteem. This finding is consistent with previous research that has shown similar associations between parenting styles and self-esteem.

Several studies have found that authoritative parenting style is associated with higher levels of self-esteem among adolescents. A study by Hui and Tsang (2017) found that authoritative parenting style was significantly correlated with higher levels of self-esteem among Chinese adolescents. Similarly, a study by Khalid et al. (2019) found that authoritative parenting style was significantly associated with higher levels of self-esteem among Pakistani adolescents. Another study by Soenens et al. (2015) found that authoritative parenting style was positively associated with self-esteem among Belgian and Chinese adolescents. The study also showed that this positive relationship was mediated by perceptions of parental autonomy support, which refers to parents' encouragement of their children's independence and decision-making.

On the other hand, authoritarian parenting style has been consistently found to be negatively associated with self-esteem among adolescents. A study by Shaffer and Kipp (2014) found that adolescents who reported having authoritarian parents had lower levels of self-esteem compared to those who reported having authoritative or permissive parents. Another study by Beeghly and

Vaillancourt (2014) found that authoritarian parenting style was significantly correlated with lower levels of self-esteem among adolescents in both the United States and Canada. A study by Brandt et al. (2015) also found that authoritarian parenting style was negatively associated with self-esteem among German adolescents. The study also showed that this negative relationship was mediated by perceptions of psychological control, which refers to parents' use of guilt, shame, or manipulation to control their children's behavior. Permissive parenting style has also been found to be negatively associated with self-esteem among adolescents. A study by San Pedro and Valdez (2016) found that permissive parenting style was significantly correlated with lower levels of self-esteem among Filipino adolescents. Similarly, a study by Wang et al. (2018) found that permissive parenting style was significantly associated with lower levels of self-esteem among Chinese adolescents. A study by Pinderhughes et al. (2015)

also found that permissive parenting style was negatively associated with self-esteem among African American adolescents. The study also showed that this negative relationship was mediated by perceptions of parental involvement, which refers to parents' active participation and engagement in their children's lives.

These studies provide strong evidence for the impact of parenting style on adolescents' self-esteem. Authoritative parenting, which emphasizes support and autonomy, has consistently been associated with higher levels of self-esteem. In contrast, authoritarian and permissive parenting styles, which involve either high levels of control or low levels of involvement, have been consistently associated with lower levels of self-esteem. These findings highlight the importance of parents' role in shaping their children's self-esteem, and suggest that adopting an authoritative parenting style may be beneficial for promoting positive self-esteem in adolescents.

Table Number 2: Independent t-test

Variables	Gender	N	Mean	SD	t-value
Authoritative	male	60	38.2833	6.09554	5.305
	FEMALE	60	32.9333	4.88466	
Authoritarian	MALE	60	26.2500	7.38442	4.080
	FEMALE	60	30.5667	3.55283	
Permissive	MALE	60	25.2833	7.81804	4.029
	FEMALE	60	29.7833	3.70566	
Self-Esteem	MALE	60	27.9333	3.78161	7.338
	FEMALE	60	22.5000	4.31199	

Table number 2 shows that there a significant difference between perceived parenting style (authoritative, authoritarian, permissive) and self-esteem. There for the hypothesis "There will be significant gender difference between perceived parenting style and self-esteem" stands supported. For authoritative parenting style, the t-test results showed a significant difference between males and females ($t = 5.305$, $p < .001$), with males having a significantly higher self-esteem score than females. For authoritarian parenting style, the t-test results showed a significant difference between males and females ($t = -4.080$, $p < .001$), with females having a significantly higher self-esteem score than males. For permissive parenting style, the t-test results showed a significant difference

between males and females ($t = -4.029$, $p < .001$), with females having a significantly higher self-esteem score than males. And the gender differences in self-esteem itself is revealed to have a statistically significant difference between males and females ($t = 7.338$, $p < .001$), that suggest males reported higher levels of self-esteem than females. This stands support the hypothesis "There will be significant gender difference in self-esteem."

The results of the independent samples t-tests showed significant gender differences in self-esteem scores for all three parenting styles - authoritative, authoritarian, and permissive - as well as for self-esteem itself. In authoritative parenting style it's found that males have

significantly higher self-esteem scores than females. This finding is consistent with previous research that has shown that males tend to have higher self-esteem than females (Twenge & Campbell, 2001). One possible explanation for this difference could be that authoritative parenting style emphasizes the importance of achievement and mastery, which may be valued more highly in males than in females (Leaper & Ayres, 2007).

In the case of authoritarian parenting style it's found that females have significantly higher self-esteem scores than males. This finding is somewhat surprising, as authoritarian parenting style is characterized by strict rules and harsh discipline, which might be expected to have a negative impact on self-esteem. However, previous research has suggested that may be girls are more resilient to the negative effects of authoritarian parenting than boys (Steinberg, Elmen, & Mounts, 1989). And for permissive parenting style also it's found that females have significantly higher self-esteem scores than males. Permissive parenting style is characterized by a lack of rules and boundaries, which might be expected to have a negative impact on self-esteem. However, previous research has suggested that girls may be more likely than boys to benefit from permissive parenting, as it allows them greater autonomy and freedom to explore their interests (Steinberg et al., 1989). Finally self esteem itself is found that to have a significant gender difference, that is males have higher self-esteem than females. Robins et al. (2002) found that, on average, males have slightly higher self-esteem than females. Orth et al. (2009) similarly reported that men generally have higher levels of self-esteem than women across the lifespan. Possible explanations for this gender difference include differences in socialization experiences with regards to gender roles and expectations. It is crucial to note that, while there may be a general gender difference in self-esteem, individual differences within each gender is also significant. Factors such as personality, life experiences, and cultural background can all play a role in shaping an individual's self-esteem, regardless of their gender. It is important to note that the relationship between parenting style and self-esteem may be influenced by cultural factors. A study by Al-Dubai et al. (2016) found that the association between parenting style and self-esteem among Malaysian adolescents was influenced by cultural factors, such as collectivism and individualism. Similarly, a study by Kim and Rohner (2002) found that in South Korea, the effects of parenting styles on self-esteem were moderated by cultural values such as collectivism and filial piety. These findings

suggest that cultural factors should be taken into consideration when interpreting the findings of studies examining the relationship between parenting style and self-esteem, as cultural values and norms may shape the way in which parents interact with their children, and the impact this might have on their self-esteem.

CONCLUSION

The present study provides further evidence that parenting style has a significant impact on the development of self-esteem among adolescents. Specifically, authoritative parenting style is positively correlated with self-esteem, while authoritarian and permissive parenting styles are negatively correlated with self-esteem. Furthermore, the study found significant gender differences in self-esteem scores for all three parenting styles, as well as for self-esteem itself. These findings suggest that parenting style and gender are important factors to consider when examining the development of self-esteem in adolescents.

The results of this study have important implications for parents, educators, and mental health professionals working with adolescents. Parents and caregivers should strive to adopt an authoritative parenting style, which emphasizes warmth, support, and reasonable expectations, as this is associated with higher levels of self-esteem in adolescents. Additionally, professionals working with adolescents should be mindful of the potential gender differences in self-esteem and how parenting style may affect these differences. By understanding the complex interplay between parenting style, gender, and self-esteem, we can better support the healthy development of adolescents.

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