



PARENTING STYLE AND SELF EFFICACY: A REVIEW STUDY

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Abstract

Parenting style refers to the attitudes, behaviours, and practices that parents use to raise their children. It can significantly impact a child's development, including their self-efficacy. Self-efficacy is a person's belief in their ability to successfully perform a task or achieve a goal. Parenting style and self-efficacy are very closely linked with each other. Children who grow up with supportive, positive, and encouraging parenting styles tend to have higher levels of self-efficacy. In contrast, children who grow up with controlling or critical parenting styles may develop a sense of helplessness and low self-efficacy. Therefore, parenting style can significantly impact a child's self-efficacy. This is going to explore the different dimensions of parenting styles, including authoritarian, authoritative, and permissive parenting, and their impact on the development of self-efficacy in children and adolescents. The findings of this will contribute to our understanding of the complex relationship between parenting style and self-efficacy and highlight the importance of positive parenting practices in promoting the development of self-efficacy in children and adolescents. This review of literature will provide a comprehensive and up-to-date analysis of the relationship between parenting style and self-efficacy in children and adolescents, and will be useful for researchers, educators, and practitioners who are interested in promoting positive child development.

Keywords: parenting style, self-efficacy, self-esteem

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INTRODUCTION

Parenting style is an essential aspect of child development that refers to the ways parents interact with and raise their children. It encompasses a broad range of behaviours, attitudes, and beliefs that shape an upbringing, including discipline, communication, and support. The impact of parenting style on a child's development has been extensively studied, and various theories and models have been proposed to understand its effects. It is an important predictor of behaviour and has been found to influence motivation, performance, and well-being. Self-efficacy can be developed and enhanced through various means, including mastery experiences, vicarious experiences, social persuasion, and emotional and physiological states.

Parenting Style

Parenting style refers to the attitudes, behaviours, and practices parents use to raise their children. There are several different parenting styles, each characterized by a unique combination of elements such as discipline, warmth, responsiveness, and control.

The four main types of parenting styles, as identified by researchers Diana Baumrind and later by Maccoby and Martin are:

Authoritarian Parenting: This style of parenting is characterized by strict rules, high demands, and little warmth or responsiveness. Parents who use this style often use punishment as a means of discipline, and they expect obedience from their children without question.

Authoritative Parenting: It is characterized by high levels of warmth, responsiveness, and control. Parents who use this style set clear rules and expectations for their children but also allow for independence and encourage open communication and discussion.

Permissive Parenting: Permissive parenting is characterized by low levels of control and high levels of warmth and responsiveness. Parents who use this style are often lenient with their children and do not set clear rules or expectations.

Neglectful Parenting: This style of parenting is characterized by low levels of responsiveness and demandingness. Such parents are uncaring and uninvolved with their children as well as indifferent to their needs. Consequently, there are no rules for children, reason behind that can be their overinvolvement and struggle with their own issues.

Several factors can influence a parent's choice of parenting style, including:

Culture: Different cultures may value different parenting styles, and parents may be influenced by the norms and expectations of their culture.

Personality: A parent's personality may also influence their parenting style. For example, a naturally more laid-back and easy-going parent may be more likely to use a permissive parenting style.

Childhood experiences: A parent's own childhood experiences may also influence their parenting style. For example, a parent who was raised by authoritarian parents may be more likely to adopt an authoritarian parenting style themselves.

Child temperament: A child's temperament may also influence a parent's choice of parenting style. For example, a child who is naturally more difficult or challenging may prompt their parents to adopt a more authoritarian parenting style.

Parenting Style and Its Correlates

Based on the study by Tunç and Tezer (2006) examined the relationship between perceived parenting styles and self-esteem in 755 high school students of both genders. The results indicated significant differences in self-esteem scores between students who perceived their parents as authoritarian versus authoritative or permissive/indulgent. Students with authoritarian parents had lower self-esteem compared to those with authoritative or permissive/indulgent parents. And also, the research conducted by Zakeri and Karimpour (2011) explored the relationship between parenting styles and self-esteem in students. Simultaneous multiple regression analysis revealed that the "acceptance-involvement" and "psychological autonomy-granting" parenting styles were significant positive predictors of self-esteem. Strict supervision parenting style compared to boys. The research conducted by Hong, Long, and Rahman (2015) investigated the relationship between parenting styles and self-esteem in 120 students from a faculty at a public university in Malaysia. Results showed that the permissive parenting style was the dominant style used by parents, and most students had a high level of self-esteem. There was a significant relationship between parenting style and self-esteem, with authoritative and permissive styles having a positive relationship and authoritarian style having a negative relationship with students' self-esteem. Research work by

Sharma and Pandey (2015) conducted a study on the effect of parenting styles on the self-esteem of Indian adolescents. In contrast to authoritarian parenting, which was shown to have a negative correlation with adolescents' self-esteem, the study indicated that authoritative and permissive parenting led to greater levels of self-esteem in adolescents. The study also discovered no discernible difference between teenage males and females from urban Indian backgrounds in terms of self-esteem.

In a study by Moghaddam, Validad, Rakhshani and Assareh (2015) the connection between parenting practises and kids' self-esteem was explored. Primary school students were among the residents of Zahedan City from 2013 to 2014. The findings revealed that the majority of mothers had an authoritative parenting style, and that there was a substantial link between this parenting style and self-esteem. According to the study, kids who grow up with parents who are authoritative have far better self-esteem. One of the study "Relationship Between Parenting Styles and Adolescents' Self-Esteem" by Aremu, Akinola and Desmennu (2018) examined gender differences in perceived parenting styles and self-esteem of adolescents in Nigeria. The results showed that flexible parenting style and teenage self-esteem were significantly positively correlated, for both parents. The study emphasises the strong link between teenagers' self-esteem and perceived parental practices. Similarly, Lee, and Chiew conducted a study in 2011 on the relationship between parenting styles and self-esteem among students. According to the findings, authoritative parenting was the most common type and parenting styles and self-esteem were significantly correlated. According to the study, pupils who came from authoritative homes had greater levels of self-esteem than those who did from authoritarian families. The study came to the conclusion that parenting practises are very important in affecting kids' self-esteem. In a study by Herz and Gullone (2016) compares the relationship between self-esteem and parenting styles among Australian and Vietnamese Australian adolescents. According to the findings, parenting methods characterised by low acceptance and strong overprotection are adversely connected to self-esteem in Western societies. The findings indicate that parenting characterised by strong overprotection and low acceptance had a detrimental impact on self-esteem in both populations of teenagers. Also, a work by Driscoll (2013) examined the relationship between parenting styles and self-esteem across a range of ages in the United States. Parenting practises grew

less restrictive in general over time, which boosted self-esteem. The study emphasises the relevance of parenting styles in the development of children's self-esteem and offers suggestions for further research in this area.

According to Jadon and Tripathi (2017) authoritarian parenting, defined by strong control and high demands, had a detrimental impact on children's self-esteem, diminishing confidence while raising insecurity and inferiority. They conducted a systematic review to determine the effect of the authoritarian parenting style on the self-esteem of children between the ages of 6 to 19 years. In contrast, authoritative parenting, which gives parents restricted independence and the opportunity to understand their children, boosts self-esteem. The study emphasises the need for parents to choose an appropriate and efficient parenting style to raise their kids in order to ensure their future and help them become reliant. A study conducted by Szkody, Steele and McKinney (2020) on self-esteem and gender disparities in the consequences of parenting approaches on psychological disorders shows that parenting methods can have a long-term impact on self-esteem and psychiatric difficulties in adolescents. The study looked at the indirect influence of parenting style on psychiatric issues in 381 young people, taking gender variations into account. According to the findings, maternal authoritative parenting was associated with better levels of self-esteem in females, which in turn was associated with lower levels of psychiatric issues. The study focuses on the impact of parenting style on the development of self-esteem and mental health in emerging people, particularly females.

Moreover, in the work by Saric and Sakic (2013) on the relationship of parenting styles and friendship quality to self-esteem, life satisfaction and happiness in adolescents. The findings also revealed that both mothers' and fathers' perceived parenting style and friendship quality had a substantial impact on teenage well-being. Adolescents with authoritarian or permissive moms had better self-esteem and life satisfaction, and those with authoritative mothers were also happier. Adolescents who viewed their fathers as authoritative or permissive performed better on all examined well-being markers than those who saw their fathers as authoritarian. Furthermore, teenagers with higher levels of friendship quality reported better levels of enjoyment, life satisfaction, and self-esteem. The research emphasises the relevance of parents and friends in ensuring optimal adolescent development.

Moudgil, Ranjana, Moudgil and Nandini (2017) on Parenting styles and self-esteem as predictors of aggression, examined the relationship between aggression, self-esteem, and parenting styles among 100 randomly selected students aged 18-20 years from educational institutions in Haryana. Different parenting styles were shown to be substantial predictors of aggressiveness, with a significant positive association between aggression and an authoritarian mother and a negative link between aggression and a flexible father. Self-esteem correlated significantly negatively with authoritarian parents and significantly positively with flexible parents. In a work of Cardinal and D'Allura (2019) on the topic of parenting styles and self-esteem: research of young people with visual impairments looked at the association between mothers' parenting styles (permissive, assertive, and authoritarian) and young adults' self-esteem. The study discovered a link between young adults and mothers' evaluations of parenting techniques and self-esteem. Researchers like Martínez, García, and Yubero (2016) in Parenting Styles and Adolescents' Self-Esteem in Brazil, explored the relationship between parenting styles and self-esteem in 1,239 Brazilian adolescents aged 11-15 years, the study divided families into four categories. Adolescents from Indulgent homes had equivalent or better self-esteem than those from authoritarian families across certain dimensions, according to the findings. Adolescents from authoritative homes exhibited greater self-esteem across three categories than those from authoritarian and neglectful families.

Self-Efficacy

Self-efficacy refers to an individual's belief in their ability to successfully perform a specific task or achieve a particular goal. It is the confidence that one has in their own abilities to accomplish something, which can have a significant impact on motivation, effort, and perseverance in pursuing the task or goal. The concept was first introduced by psychologist Albert Bandura and has since become an important focus in various fields, including education, psychology, and health.

It can be categorized into four types:

Mastery self-efficacy: The belief in one's ability to perform a specific task or skill successfully.

Social self-efficacy: The belief in one's ability to initiate and maintain social relationships.

Coping self-efficacy: The belief in one's ability to cope with challenging or stressful situations.

Behavioural self-efficacy: The belief in one's ability to adopt and maintain specific health behaviours or lifestyle changes.

According to Albert Bandura's theory of self-efficacy, there are four key elements that contribute to an individual's self-efficacy beliefs:

Mastery experiences: Successful performance and achievement of a task or goal can increase self-efficacy beliefs.

Vicarious experiences: Observing others successfully perform a task or goal can also enhance self-efficacy beliefs.

Social persuasion: Positive feedback and encouragement from others can boost self-efficacy beliefs.

Emotional and physiological states: Anxiety, stress, and physical sensations can affect self-efficacy beliefs, with positive emotional and physiological states enhancing them and negative ones decreasing them.

Self-Efficacy and Its Correlates

The study by Betoret, Rosello and Artiga (2017) on Academic accomplishment, student expectancy-value beliefs, teaching process satisfaction, and academic self-efficacy are all examined in connection to one another. Its main goal is to pinpoint some intrinsically motivating mechanisms by which student achievement and satisfaction are influenced by academic self-efficacy. Two of the most crucial learning outcomes are student happiness and accomplishment, which are also significant measures of an effective education. The findings showed that the link between academic self-efficacy and the achievement/satisfaction relationship was mediated by students' expectancy-value. These findings provide empirical data that helped researchers better understand the mechanisms behind the links between self-efficacy and accomplishment and efficacy and course satisfaction. These findings' implications for secondary school teaching and learning are examined. In research study of Triantoro (2013) on effects of self-efficacy on students' academic performance. The primary goal of the study is to analyse the development of self-efficacy and how it affects students' academic achievement as well as social interactions with their peers. Pakistani high school pupils were given a scenario by resolving mathematics issues. The goal of the current study was to examine the effects of self-efficacy on 15 boys who were fifth-graders at a nearby school. In this matter that affects the students' future, a cross-cultural study is strongly advised. According to this study, students with high levels of self-efficacy work harder to achieve their goals than students with lower levels of self-confidence. When compared to research students with low self-efficacy, students with high self-efficacy think they can perform better on a subtraction test and earn a

higher grade. In other words, pupils who have high levels of self-confidence think they can answer more maths problems. The other finding indicated that research participants with high levels of self-efficacy would choose complicated courses over those with low levels of self-efficacy.

Parenting Style and Self-Efficacy

Past research has related parenting styles to a variety of elements of teenage development, such as academic success, delinquency, and self-esteem. Researchers like Tam, Chong, Kadirvelu, and Khoo (2015) conducted a study to evaluate the association between parenting styles and teenage self-efficacy in Malaysia. The purpose of this study was to look at how authoritative, authoritarian, and permissive parenting styles affect teenagers' self-efficacy levels. The study discovered that authoritative parenting styles were strongly related to greater levels of self-efficacy, but authoritarian and permissive parenting styles had no significant link with self-efficacy. According to the findings of this study, authoritative parenting, which includes high levels of warmth and support as well as clear and acceptable demands, may be an essential element in boosting adolescents' self-efficacy views. Authoritarian and permissive parenting styles, on the other hand, may not have a major influence on self-efficacy. These findings have implications for parents and educators who deal with teenagers, emphasising the significance of creating a supportive, organised atmosphere that promotes good self-beliefs and actions.

In a similar study by Llorca, Richaud, and Malonda (2017) performed research in Argentina to evaluate the direct and mediated impacts of parenting, peer connections, academic self-efficacy, and academic success among teenagers. The purpose of this study was to look at the connection between authoritative and permissive parenting styles and teenage peer interactions, such as attachment, victimisation, and aggressiveness. Parenting approaches were shown to be substantially connected to teenage peer connections and academic self-efficacy. Permissive parenting was shown to be favourably correlated with aggressive behaviour and adversely connected with connection to peers. This study emphasises the significance of parental styles in adolescent development as well as the influence of peer interactions on academic outcomes. According to the findings, parental warmth and supervision, as well as the development of good peer interactions, may be crucial variables in encouraging favourable academic outcomes for teenagers. found in a study conducted by Aldhafri et al. (2020) aimed to investigate the relationship

between parenting styles and academic self-efficacy beliefs among Omani school and university students. The study sought to investigate the influence of students' opinions of parenting methods on their academic self-efficacy beliefs, as well as whether this link varied over life stages. The results showed that parenting styles had a stronger impact on academic self-efficacy beliefs in high school students than in university students. The researchers concluded that as children get older, parenting methods have a declining influence on self-efficacy views. The relationship between parenting style and academic self-efficacy among teenagers was found in a study (Dehyadegary, Nejad, Nasehzadeh, & Divsalar, 2014). The goal of this quantitative study using a correlational method was to look at the relationship between parenting styles and academic self-efficacy among teenagers in Kerman, Iran. Stratified random sampling was used to choose a total of 2246 male and female high school pupils. The Pearson Product-moment correlation coefficient analysis revealed a favourable relationship between authoritative parenting style and academic self-efficacy, but authoritarian and permissive parenting styles had a negative relationship.

In another study conducted by Japheth, Kemeza, Kiaritha, and Muhwezi's (2019) primary goal was to look at the link between parenting styles and self-efficacy among secondary school students in Uganda. Furthermore, the study sought to investigate the role of individual parenting styles in predicting students' self-efficacy. Based on the findings of the study, it is recommended that parents adopt authoritative and authoritarian parenting styles, that teachers provide the necessary support to students while taking into account the parenting style from which they may be coming, and that schools encourage parents to adopt positive parenting styles. One study conducted by Nessai, Rastegar, Rajaei, and Khoynjad (2016) aimed to investigate the relationship between parenting styles and self-efficacy. This study aimed to look at the link between parenting methods and self-efficacy, a positive psychological condition, among students at Islamic Azad. Nevertheless, there was no significant link between the authoritative and indulgent parenting styles and the motivation to make an effort as a positive psychology component, and the null hypothesis was accepted.

CONCLUSION

There have been many studies on the relationship between parenting style and the development of self-esteem and self-efficacy in children. Overall,

the research suggests that parenting style can have a significant impact on a child's self-efficacy. Authoritative parenting style, characterized by warmth, responsiveness, and high expectations for behaviour, has consistently been associated with higher levels of self-efficacy in children. This parenting style provides children with a secure and nurturing environment in which to explore and develop their abilities and encourages them to take on new challenges. In contrast, authoritarian parenting style, characterized by strict rules, low warmth, and a focus on obedience, has been found to be associated with lower levels of self-esteem and self-efficacy in children. Children raised in authoritarian households may struggle with autonomy and decision-making and may feel less confident in their abilities. A permissive parenting style, characterized by low demands and high warmth, has been found to have mixed effects on self-esteem and self-efficacy. While children raised in permissive households may feel loved and supported, they may also struggle with boundaries and discipline, which can affect their sense of self-efficacy.

In conclusion, parenting style plays a crucial role in shaping a child's self-efficacy. An authoritative parenting style, which balances high expectations with warmth and responsiveness, is associated with the most positive outcomes for children's self-efficacy. However, it is important to note that every child is different, and the effectiveness of different parenting styles may vary depending on individual circumstances.

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