



RESEARCH ARTICLE

INFLUENCE OF PARENTING ON SELF ESTEEM OF ADOLESCENTS

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ARTICLE INFO

Article History:

Received 17th November, 2010

Received in revised form

25th December, 2010

Accepted 30th January, 2011

Published online 11th February, 2011

Key words:

Parenting,
Self esteem,
Adolescent.

ABSTRACT

The paper explores the influence of fathering and mothering dimensions of parenting on self esteem of adolescents. The study also attempted to find out the differences among parenting variables with self esteem. Variables included in the study were rejection-acceptance, carelessness-protection, neglect-indulgence, utopian expectations-realism, lenient standard-moralism, freedom-discipline, faulty role expectations-realistic role expectations and marital conflict-marital adjustment in parenting models and fathering and mothering were studied separately as psychological variables and self esteem as independent variable. A sample of 115 adolescents within the age group of 15-18 years was selected using stratified random sampling technique. One way ANOVA and post hoc tests were used for analyzing the data. Results revealed that adolescents develop their self esteem more fast in acceptance mode of mothering and rejection of fathers will adversely affect adolescent's self esteem.

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INTRODUCTION

Parenting as the style of child upbringing refers to a privilege or responsibility of mother and father, together or independently to prepare the child for society and culture which provides ample opportunity to a child to find roots, continuity and a sense of belonging and also serves as an effective agent of socialization. Thus, relationship the parents and the child happens to be a central factor in the social upliftment of the individual (Ellis and Petersen, 1992).

In psychology, relationships between parenting, self esteem and adjustment are the most important concerns of research especially in the areas related to adolescents. Developmental psychology and Transactional Analysis points out that adolescent period of life are the foundation for the rest of the individual's life. The trust for the whole world, trust in peoples and in their own self is experienced and internalized during this period. Also all the fields has stressed the value of family experiences on adolescent's behavior. After birth, it is in this period that the child requires more acceptance, sense of security, parent's readiness to welcome

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and also parental involvement in all developmental activities. A powerful tool for enhancing the parent-child relationship and building self-esteem is to provide children with recognition on a regular basis. Recognition can be offered in a variety of ways, however, is particularly effective when given verbally. Building upon each other, these variations of verbal recognition provide children with a sense of being noticed and appreciated which they translate as being cared for and understood. According to Reasoner (2010), "Attempts by pro-estem advocates to encourage self-pride in students solely by reason of their uniqueness as human beings will fail if feelings of well-being are not accompanied by well-doing. It is only when students engage in personally meaningful endeavors for which they can be justifiably proud that self-confidence grows, and it is this growing self-assurance that in turn triggers further achievement." Parents need to be available to their adolescents, supportive and actively engaged in negotiation of increased autonomy, self-reliance and self esteem. They need to support their adolescent's expression of feelings, beliefs and goals. This can be difficult as the clash between parental values and adolescent values can give rise to conflict and emotional distress. Understanding that conflict can be an opportunity for development of autonomy, interpersonal problem solving, and growth in the adolescent-parent relationship can help in avoiding power struggles, conflict escalation and feelings of rejection. Parents need to continue to state their concerns and limits but with an openness to discussion and negotiation.

Many scientists have the opinion that parent's basic and fundamental responsibility is the raising of the next generation and this affords to be the most essential responsibility or privilege in life. Parents are supposed to create a most congenial, happy, democratic, lucid and warm atmosphere where a child can blossom his own hidden potentialities and may also develop social interactional skills. High self-esteem correlates highly with self-reported happiness. However, it is not clear which, if either, necessarily leads to the other. Additionally, self-esteem has been found to be related to forgiveness in close relationships, in that people with high self-esteem will be more forgiving than people with low self-esteem.

(Baumeister, 2003). Collins, (1990) made a research in maternal and paternal parenting styles in adolescents. He found that acceptance of parents will develop a positive self esteem and rejection interfere itself in negative adjustment of adolescents. Emotional competence as well as self esteem was found to be greater in early adolescents whose perceived mothering was associated with acceptance than that of rejection. (Mithas, 1997). Aim of the present study was to identify the influence of various modes of mothering as well as fathering on self esteem of adolescents. Although both children and their parents actively contribute to their relationship over time, parents who recognize the importance of their role in shaping their adolescent's adjustment and self esteem orientation, and who feel confident and supported in meeting their adolescents' needs, will most likely contribute to healthy development. So, it appears that child's perception of parental attitude towards himself should be of great concern in the dynamics of behavior and may open new avenues of research for deeper probe in the domain of parent child relationship. Though parenting as a perception of parents of their own attitude toward the child, happens to be a great influence in social as well as psychological aspects which brings the individual a great success in his or her life.

MATERIALS AND METHODS

The study mainly focuses on the influence of parenting on self esteem and adjustment of adolescents. It is an exploratory study and the main objective is to gather information about parenting characteristics that will help define problems and suggest hypotheses in self esteem and adjustment of adolescents. It provides insights into and comprehension of an issue or situation and the results are not usually useful for decision-making by themselves, but they can provide significant insight into a given situation.

Sample

The present study carried out on a representative stratified random sample of 120 students of Class XI and XII between the age group of 15-18 at Kannur district of Kerala State. The final sample

taken for the analysis was 115 due to outlier problem.

Tools

For the present investigation, Parenting Scale, Self Esteem Inventory and Personal Information Schedule sheet was used to gather information and to collect data from adolescents. *The Parenting Scale* (Bhardwaj et.al, 1995) was used to measure perceptions of individual or one's own feeling as to how he or she is brought up by his or her parents on various modes of parenting. Eight parenting models have been included in the present scales are rejection-acceptance, carelessness-protection, neglect-indulgence, utopian expectations-realism, lenient standard-moralism, freedom-discipline, faulty role expectations-realistic role expectations and marital conflict-marital adjustment which has high test-retest reliability and validity. *Self Esteem Inventory* (Immanuel Thomas and Sam Sananda Raj, 1981) used to assess the self esteem of individuals in correspondence with various situations. This was used to update beliefs that have limited self-esteem and the specific scale has also high reliability and validity.

Procedure

The main purpose of the study was to identify the effect of various parenting characteristics on adjustment and self esteem of adolescents. Initially rapport is established between individuals and the need and purpose of the study was explained. They were given the questionnaires in the order of Adolescent Parenting Inventory and Self Esteem Inventory. The instructions are read as given in the questionnaire and subjects were informed that there were no time limits for conducting the test and were asked to take time gaps to relax in between filling the 3 questionnaires. After completion, the scales are all collected back.

RESULTS AND DISCUSSION

The main objective of the study is to find out various mothering and fathering characteristics for better development of adolescents and also to identify the effect of various parenting

characteristics on self esteem. For this purpose Correlation, ANOVA and Duncan techniques were used. Correlation technique was used to find out all the possible correlations with parenting variables such as rejection-acceptance, carelessness-protection, neglect -indulgence, utopian expectations-realism, lenient standard-moralism, freedom-discipline, faulty role expectations-realistic role expectations and marital conflict-marital adjustment and with the help of mean and standard deviation the whole variables were divided into high, medium and low. ANOVA was done to find out whether there exists any significant difference in various modes of adjustment and self esteem with respect to various parenting modes and if difference exists, further analysis is done by post hoc test to find out which group significantly differs from other groups.

The one way ANOVA results presented in Table 1 show that there were significant difference in self esteem with acceptance-rejection mothering. The F-value obtained from the analysis was 5.91 which were significant at 0.01 levels. F ratio represents the variance between the groups, divided by the variance within the group which indicates whether there are any significant mean differences among the groups on the concerned variable. This gives an idea that acceptance-rejection mode of parenting especially mothering influences largely to create self esteem in adolescents. To find out which group is significantly differs from other groups, Post-hoc comparison was conducted and it clearly indicates self esteem is more influenced by acceptance mode of mothering. This represents that proper care and response of mothers may develop good positive attitude in adolescents. Study by Flanagan, (1990) had in conformation with the findings and he found that acceptance along with maternal care had a positive influence in developing self esteem of adolescents. The present study also reveals that adolescents develop their self esteem more fast in acceptance mode of mothering than rejection mode of parenting. The infantile honesty and truthfulness meets an adverse atmosphere and therefore the psychological growth of the child is affected. It is quite natural that a child meets proper nourishment of his genuine feelings. Also acceptance by mothers implies an attitude of love for the child. The accepting mother

puts the child in a position of importance in the home and develops a relationship of emotional warmth thus increases their self esteem. Maternal acceptance encourages the child and makes itself apparent in receptive or positive attitude towards the child's idea and judgment, worthiness and capability, love and affection and admiration along with adequate attention towards him.

The results of ANOVA tests presented in Table 2 shows that F-value obtained for self esteem has no significant difference among adolescents whose parents having the characteristics of carelessness and protection especially in maternal parenting. This gives a clear idea that both carelessness and protection have no difference in forming of self esteem. This denotes that carelessness protection mothering as a single factor doesn't exert influence on self esteem. Findings of most of the studies differ from the result of the present study. Studies by Larson *et al.* (1996) found out that the sense of protection in the child makes him better and more confident thus improves his self-esteem and also gives him strength and psychological support thus also influences his overall adjustment. Comparison of neglect indulgence mothering variable with self esteem in Table 3 shows that self esteem has no significant difference among adolescents whose parents having the characteristics neglect and indulgence especially in maternal parenting and does not show any difference in forming of self esteem.

Studies by Grusec *et al.* (1982) found out that there will be significant influence in mothering characteristics of neglect as well as indulgence between self-esteem and adjustment. Perceived maternal indulgence was found to be associated among child labour than of neglect associated among school going children. Present study was not in conformation with above findings. Indulgence may play a detrimental role in the development of personality potentials. Table No 4 ANOVA results denotes that self esteem has no significant difference among adolescents whose parents having the characteristics lenient standard and moralism especially in maternal parenting and shows that lenient standard moralism mothering as a single factor doesn't exert influence on self

Table 1. Results of one way ANOVA: Comparison of rejection acceptance mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	2082.59	19712.1	1041.29	176	5.91**

**Significant difference

Table 2. Results of one way ANOVA: Comparison of carelessness protection mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	586.23	21208.5	293.12	189.36	1.55

Table 3. Results of one way ANOVA: Comparison of neglect indulgence mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	1113.94	20680.8	556.97	184.65	3.02

Table 4. Results of one way ANOVA: Comparison of lenient standard moralism mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	328.24	21466.5	164.12	191.67	0.86

Table 5. Results of one way ANOVA: Comparison of freedom discipline mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	1005.52	20789.2	502.76	185.62	0.07

Table 6. Results of one way ANOVA: Comparison of faulty role expectation realistic role expectation mothering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	136.79	21657.9	68.4	193.37	0.35

Table 7. Results of one way ANOVA: Comparison of rejection acceptance fathering among adolescents on self esteem

Variables	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	1570.94	20223.8	785.42	180.57	4.35**

**Significant difference

Table 8. Results of one way ANOVA: Comparison of carelessness protection fathering among adolescents on self esteem

Variables	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	0.58	21794.2	0.29	194.59	0.001

Table 9. Results of one way ANOVA: Comparison of neglect indulgence fathering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	1213.94	27980.8	596.97	184.65	3.04

esteem. Studies by Bharadwaj, 1997 were not contemporary with the findings. He found out that emotional intelligence as well as self esteem was found to be greater in those early adolescents

whose perceived fathering associated with moralism as against lenient standards and his study results clearly indicates that lenient standard and moralism has clear significance in self esteem.

Table 10. Results of one way ANOVA: Comparison of lenient standard moralism fathering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	1113.94	20680.8	556.97	184.65	3.02

Table 11. Results of one way ANOVA: Comparison of freedom discipline fathering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	632.81	21161.9	316.4	188.95	0.19

Table 12. Results of one way ANOVA: Comparison of faulty role expectation realistic role expectation fathering among adolescents on self esteem

Variable	Sum of squares		Mean square		F-ratio
	Between	Within	Between	Within	
Self esteem	106.91	21687.8	53.45	193.64	0.28

The one way ANOVA results presented in Table No 5 show that there were no significant difference in self esteem among freedom discipline mothering variable. Freedom mothering manifests itself in absence of restraints over all matters to what they may pertain to. He may disregard or disobey his parents without any fear of punishment from them. In fact the child is a sole decision maker of his activities. On the other hand, parents with strict discipline simply pass on orders to their children who have to merely obey them. The child is not even allowed to take any decision regarding his dress, appearance, manners, friends or other activities of life and so that the variable doesn't found any significance with self esteem. The results presented in Table 6 shows that self esteem has no significant difference among adolescents whose parents having the characteristics of faulty role expectation realistic role expectation especially in maternal parenting. Most of the studies are not in conformation with findings. A child who fails to meet the unrealistic expectations of the parent desperate to be loved may become the target of abuse (Parish and McCluskey, 1992) which leads to poor self-esteem. But the present findings indicate that faulty role expectation realistic role expectation mothering as a single factor doesn't exert influence on self esteem. Faulty parent child relationship ends in child's

maladjustment and deprivation of parents promotes mental retardation and demotes the process of adjustment.

The one way ANOVA results presented in Table 7 show that there was significant difference in self esteem with acceptance-rejection fathering. The F-value obtained from the analysis was 4.35 which were significant at 0.01 levels. It was found on further analysis Post-hoc test that the differences are between acceptance and acceptance rejection and was also seen in acceptance and rejection. Mean value indicates that rejection of fathers adversely affect the self esteem of adolescents. The results are in conformation with the findings made by Amato, (1986). He found that fathers were more rejecting and less accepting than mothers. Parental rejection was associated with adolescent psychological disorders and parental acceptance was associated, to a lesser extent, with better self esteem. Present study also reveals with the findings that self esteem is adversely affected by rejection of parents especially fathering. Rejection of father manifests in interpersonal relationships in direct ways, when the child has to face excessive criticism, invidious comparison, harsh and inconsistent punishment by both or either of the parents in his upbringing thus decreasing their self esteem. Rejection of fathers may also evidence itself in physical neglect, denial of love and affection, lack of interest in his activities and failure to spend time with him. Parental rejection was associated with adolescent psychological disorders thus depleting self esteem of adolescence. The results of ANOVA tests in table no 8 shows that F-value obtained for self esteem has no significant difference among adolescents whose parents having the characteristics of carelessness and protection especially in paternal parenting. This gives a clear idea that both carelessness and protection have no any difference in forming of self esteem. This denotes that carelessness protection fathering as a single factor doesn't exert influence on both self esteem and adjustment. Findings of most of the studies differ from the result of the present study. The evaluation of few studies related to carelessness and protection by Youniss and Smollar (1985) found that carelessness protection mode of parenting studies pay greater attention on the study of overprotection

instead of protection which is highly needed for the convivial growth of personality.

Relations between neglect indulgence fathering with self esteem presented in Table No 9 shows that self esteem has no significant difference among adolescents whose parents having the characteristics neglect and indulgence especially in maternal parenting. Findings of most of the studies differ from the result of the present study. Studies by Lamborn et.al (1991) found out that there will be significant influence in fathering characteristics of neglect as well as indulgence in self esteem. Delinquents reported their father to be less neglecting than non delinquents. Results of current study gives a clear idea that this parenting variable does not show any difference in forming of self esteem or in maintaining psychological adjustment. Giving more importance to self designs of work but least attention to their feelings and needs, come within purview of neglect. The results presented in table no 10 shows that self esteem has no significant difference among adolescents whose parents having the characteristics lenient standard and moralism especially in paternal parenting. Studies by Fletcher *et al.* (1995) were not contemporary with the findings. He found out that emotional intelligence as well as self esteem was found to be greater in those early adolescents whose perceived fathering associated with moralism as against lenient standards and his study results clearly indicates that lenient standard and moralism has clear significance in self esteem. Present study reveals that there is no significance between lenient standard moralism fathering variable with self esteem.

The results presented in Table 11 shows that self esteem has no significant difference among adolescents whose parents having the characteristics of freedom and discipline especially in paternal parenting. This gives a clear idea that this parenting variable has no difference in forming of self esteem. The obtained results are not in conformation with related studies. Grolnick and Ryan (1989) showed that high restrictions in terms of severe discipline demotes to elated self esteem. Perceived fathering of school going children was found to be associated with greater freedom as compared to child labour. The results presented in

Table 12 show that self esteem has no significant difference among adolescents whose parents having the characteristics of faulty role expectation realistic role expectation especially in paternal parenting. Most of the studies are not in conformation with findings. Faulty parenting in terms of faulty role expectation leads to fear, anxiety, shyness and submission (Wagner and Phillips, 1992) and affects adjustment particularly in academics. Another study by Main and Weston (1981) found that self esteem was found to be greater in those early adolescents who perceive their mothering and fathering as associated with realistic role expectations than that of faulty role expectations. These results are also not in conformation with the obtained results.

CONCLUSION

The present study tried to assess self esteem of adolescents in relation to various parenting modes. Adolescents develop their self esteem more fast in acceptance mode of mothering than rejection mode of parenting. The role of the mother or the style of the upbringing especially accepting is largely associated with congenial development of personality thus provide the child an increase in self esteem of adolescents. Rejection of fathers adversely affects self esteem of adolescents. The role of father or the style of individual's upbringing stands as a bridge by which the child comes into the contact of outside world encourages curiosity and a will to face the challenges of the world and appears as a symbol of assertive, independent, emotional and psychological support in the realization of the truth so that rejection other than acceptance have a prime source of maladjustment thus adversely affects self esteem of adolescents.

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