

Relationship between Parenting styles and Self Esteem among Secondary School Students

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Abstract: Present study was descriptive correlational in nature. It was intended to investigate the relationship between parenting styles and self-esteem. Major objective of the study was to explore the relationship between three different parenting styles (authoritative, authoritarian and permissive) with self-esteem in the context of secondary school students. A 60 item Parental Authority Questionnaire for measuring parenting style was used whereas, for the measurement of self-esteem, a self-esteem inventory consisted of 30 items was used. Sample of the study was comprised of 60 students (both male and female) studying in secondary schools located at Islamabad. Data was collected by using random sampling technique. For analysis of data descriptive statistic was used with the help of SPSS. Findings of the study revealed that there is a strong positive relationship exist between each parenting styles and self-esteem.

Key Words: Authoritative Parenting Style, Authoritarian Parenting Style Permissive Parenting Style, Self Esteem, Secondary School Students.

Introduction:

As a child born his first interaction occur with his family that is his parents. Parent's interaction with their offspring's has great influence on child mental, physical, emotional and moral development. Parents build structure around children to see the world as well as himself through it. Self-esteem is considered as a key component in an individual personality which has been greatly influenced by the way of parenting that different parents adopt according to their socioeconomic background and culture. Different patterns which parents use for their child rearing is called parenting styles. Parenting can be explained in terms of two variables, parental responsiveness and demandingness [1]. Parental demandingness emphasize on certain standards which the parents set for their children, and establish such rule for the child to follow these set guidelines. Whereas, parental responsiveness explained as the degree in which the parents support their children and respond them by attending their needs. Both variables play a crucial role in molding and shaping the child [2]. Baumrind was the one who first enlightened various styles of parenting these parenting styles based on two variables discussed above named as Authoritative, Authoritarian and Permissive parenting style [3].

Review of Related literature:

In the beginning of 21st century, parenting style grabbed more attention [4]. Parenting styles considered as a key ingredient for the society as it deals with the development and upbringing of the adolescents. However, their healthy development largely depends upon good parenting style. Parents mold and shape their children through their parenting styles. Consequently, child reflects parenting styles and as it consists of many attitudes and behaviors that work together to influence child's nature thus creates an emotional bond which depicts parent's behavior [5]. A child passes through different phases of life so the parents make their own parenting styles by combining certain factor that they observe developing in the child over the time due to child's interaction with the outer world. In an infancy stage parents interact more with the child for making adjustment and connection whereas at the adolescent stage, parents have to face new challenges such as freedom, loving or immature misbehavior.

Authoritarian parenting:

Authoritarian parenting style refers as a parenting where the parents set specific standard and parameters that child supposed to follow at any condition. Parents with authoritarian style do not give their children's liberty to have any influence in making decisions or solving their problems. Thus parents did not allow them to deviate from the established rules which were once defined by the parents. However if the child try to enquire about the rules they are then scolded. And did not make any justifications. Negotiation and making decisions are also not allowed to them. They inflict punishment rather than involving them in different matters of concern. Although they are supposed to follow the predefined criteria established by their parents, but this also develop certain self-esteem issues. Sometimes they become aggressive, and stubborn. Thus the rules sometimes halt their behavior.

Authoritative parenting:

Authoritative parents also establish defined guidelines but they also provide some flexibility to their children. They do not become so harsh towards their children as compare to authoritarian parents. They too keen interest in child's emotions and feelings. They also allow them a room to express their opinions while making any decisions. They explain the good and bad through explaining the consequences. They motivate the children through practicing praise and rewards. The children of authoritative parents are supposed to be successful and inhibit the ability to make good decisions. The children of such parents become happy, successful, and social.

Permissive parenting:

Such parents are normally lenient towards adolescent's behavior but interfere only in a grave matter. They have an approach of kids are kids and are treated like the kids however they also inflict certain kind of punishment while observing misconduct. These types of parents treat their child in a friendly way rather than playing a parent role. They encourage their children to discuss the issues and difficulties and also motivate them to tackle certain issues. Children having grown up with permissive parenting styles are usually enthusiastic, struggle hard towards achieving their desired goals. However, certain kids adopt low self-esteem because power and rules not allowed them and thus sometimes reveal a lot of grief contentment and sadness.

Predominant parenting styles in different populations:

Parenting styles are closely linked with the socio-political system of the country. However, culture also plays a pivotal role in providing guidelines to parenting. Different countries adopt different cultures having predominant parenting styles. Several studies have been conducted in order to examine the parenting practices among various groups such as majority of parents from Australia adopt authoritative parenting style. According to Steinberg and his associates, authoritative parenting style is widespread among white families [6] however this type of parenting has been mostly adopted by parents living in US. On the other hand, in Ethiopia, authoritarian parenting is of great concern some studies show that traditional authoritarian parenting styles is widely used in Vietnamese adolescents because it is most widely utilized in Eastern cultures [7]. On the other end some studies are of the view that authoritarian and permissive style is used in Egyptian, Algerians and Palestinians. African-American and Asian American parents in US adopts authoritarian parenting style whereas, authoritarian parenting is dominant in East Asia, African and Mexico [8].

Self Esteem:

The idea of Self-esteem is so much old. It is one of the most important topic of social sciences. The history of self-esteem can be dated back to earliest Greeks philosophies. In this regard James "identify thyself" [9] is also of wide concern. However the theory of James is mostly dominated on Cooley and Maed as James has distinguished the between the two sides of self, the "I" and the "Me". Sometimes the self as subject and sometimes the self as object. For James, I was the knower whereas Me covers the individual's self-esteem which is the main part of psychology. However both these words originated

from our self-existence. Self is referred to the attributions or the perceptions which are belonged by individual self-perceptions. So this development of self is more important because it distinguishes the individual from the animals.

A high self-esteem act both as a source and a product for healthy living. Just as you can learn to change unhealthy habits. From a wellness perspective, positive or healthy self-esteem is desirable. If a person generally feel good about himself, your moods will be balanced, your energy will incline to be positive, you will be open to collaboration with others and capable to take on challenges [10].

Relationship between Different Parenting Styles and Self Esteem:

Different parenting styles have been examined in different societies and all these are concluded that parenting styles and their relationship with self-esteem [11]. There exist a give-and-take relationship between parenting style and its impact on attaining self-esteem. Thus, families and the parenting styles are the key ingredients inculcating the characteristics which are essentials for the development of individual's self-esteem [12].

Authoritative parents produce highly socially developed child with higher self-esteem. Therefore authoritative parents influence the child in enhancing self-esteem furthermore; authoritative parenting style enhances self-respect, self-awareness and positive suggestion [13]. Authoritarian socialization has a different meaning and consequences if it is applied in the west conversely, authoritative parenting style has a different meaning when it is applied in Arab or Muslim countries. Based on [14] researches done on studying the impact of parenting style and self-esteem, studies revealed that children and youth of Muslim countries are contented with authoritarian style whereas [15] concluded that according to adolescents applying authoritarian style of parenting, teaching and punishment is supposed to be the normal function of parents within their culture. Not all the studies showed a positive relationship between authoritarian parenting style and self-esteem in Asian countries. However in [16] finding, on 304 school going children from Beijing indicated that there is a positive correlation between authoritarian and hostility whereas negative correlation lies between level of competence and hospitality.

Parents with permissive parenting style are friendly, compassionate, less challenging and more receptive towards their children's. Youngsters experiencing permissive parenting style have higher self-esteem than those who are experiencing authoritative parenting style [17]

Objectives of the study:

1. To explore the interrelationship between the parenting styles, self-esteem in the context of secondary school students.
2. To identify parenting style perceived by secondary school students
3. To determine the impact of different parenting styles on self-esteem of secondary school students.

Methodology:

Present study was descriptive correlational in nature. Data was collected from 60 randomly selected secondary school students (30 girls and 30 boys). For measuring parenting styles perceived by children Parental Authority Questionnaire developed by Buri comprised of 6 subscales (mother authoritative, mother authoritarian, mother permissive, father authoritative, father authoritarian and father permissive parenting style) and 2 forms (60 items 30 items are related to mother parenting style and 30 items are related father parenting style). In order to measure self-esteem, a self-esteem inventory developed by Todd was used. Inventory was comprised of 5 subscales named as self-regard, self-confidence, school abilities, physical appearance, and physical abilities. Respondent has to response on five point Likert scale ranging from strongly agree to strongly disagree. For analysis of data SPSS was used.

Results:

Table 1 portrays the relationship between parenting styles and self-esteem. It can be seen that there is significant relationship among these two variables. The results indicates that there is a positive correlation between parenting style and self-esteem $r = .78$ which indicate strong relationship between parenting style and self-esteem. Result shows that parenting styles and self-esteem play pivotal role in the development of adolescents.

Table 2 portrays parenting style perceived by the secondary school students, 15% student's perceived permissive parenting style, and 28 % students perceived authoritarian parenting style whereas 56% students perceived authoritative parenting style.

Table 3 describes the percentage of the various levels of self-esteem experienced by secondary school students, from the table it appears that 38% of secondary school students experience higher self-esteem, 35% experience moderate self-esteem and rest 26% are experiencing low self-esteem.

Table 4 represents the relationships among parenting styles and dimensions of self-esteem. An interesting information emerged while testing relationship between subscales such as authoritative parenting style has a positively correlation with high self-esteem whereas, authoritarian and permissive parenting style has positive correlation with lower self-esteem. Students who perceived their parents authoritative have higher self-esteem. As authoritative parents show great warmth and responsiveness as they are more supporting, caring, concerned and loving towards their children. Adolescents who are raised in the authoritative parenting style are self-reliant, adaptable, motivated, self-disciplined, and able to maintain self-confidence. Whereas, student whose parents adopt authoritarian and permissive parenting style have lower self-esteem as compared to those students who perceived their parents authoritative. Parenting style play substantial role in the personality development of children especially in adolescence. Parent's characteristics have significant influence on overall development of children. The student self-esteem level mainly depend in the praise and criticism that come from parents. Young people feel less motivated, less mature, less self-assured when parents insist on total obedience without questioning or when they are totally neglected by their parents as permissive parents do.

Discussion:

Present study was aimed to explore the relationship between parenting styles (authoritative, authoritarian and permissive style) perceived by children's and self-esteem in the context of secondary school students. Results revealed that there is a strong positive relationship between exist between parenting styles and self-esteem. The result of study are consistent with the study of [18] he attempt to study relationship between these two variables and same results revealed. Finding of the study also revealed that authoritative parenting is positively related to higher self-esteem consistent with the study conducted by [19]. It can be seen from data analysis that children's who perceive authoritative and permissive parenting style possess lower self-esteem similar with the study [20].

Recommendations:

The prime objective of the present study was to investigate the relationship between three parenting styles named as authoritative, authoritarian and permissive perceived by secondary school students. Findings of the study revealed that there is significant relationship between parenting style and self-esteem. Authoritative parenting style has positive correlation with higher self-esteem whereas, children who perceive their parents authoritarian and permissive possess lower self-esteem.

Results of the study reveals that authoritative parenting style and healthy adolescent development has strong connection with each other. In many different ethnic and socioeconomic strata its benefits are clear: first, authoritative parenting balance freedom and restriction. An authoritative framework gives young people the opportunity to develop self-reliance within clear limits. Second, the give-and-take between authoritative parents and their children promotes intellectual development. Adults are encouraged to reason about matter of right and wrong and to understand why certain standards of behaviour established. Third, the warmth of authoritative parents tends to encourage their children to identify with them. Adults who experiencing authoritative guidance become more self-directed, responsible and confident, which in turn stimulates parental warmth, clear

limits and good communication. Thus parents should adopt authoritative style in order to develop their children healthier and stronger in every aspect of life

Parents who adopt authoritarian and permissive approach for nurturing their children’s need to review their style. They must be revision in the role and responsibilities by both parents (mother and father). They should adopt such strategies so that children’s get enough room for expression to share what is right and what is wrong. Verbal give and take between parents and children’s can enhance parent’s children relationship that will ultimately enrich self-concept and mutual understanding.

The administration of schools must involve parents in policy making and planning as it was parents with whom children spend most of their time they build basis for self-concept which play pivotal role in their further development upon that they can climb the ladder of success. This is only possible when both school and family of child work side by side. Furthermore it would be more fruitful to study socioeconomic status in relation to parenting styles and self-esteem at different educational level.

Table 1

Relationship between Parenting Styles, Self Esteem (N=60)

	Parenting Styles	Self Esteem
Parenting Styles		
Self Esteem	.78*	

*p < .05

Table 2

Percentage of Perceived Parenting Style (N=60)

Parenting Style	N	Percentages
Authoritative Parenting style	34	56%
Authoritarian parenting style	17	28%
Permissive parenting style	9	15%

Table 3

Level and Percentage of Self Esteem (N=60)

Level of Self Esteem	n	Percentages
Low Self Esteem	16	26%
Moderate Self Esteem	21	35%
High Self Esteem	23	38%

Table 4

Relationship between Parenting Styles and Self Esteem (N=60)

Subscales	1	2	3	4	5	6	7	8
1. Authoritative parenting Style								
2. Authoritarian parenting Style	.77							
3. Permissive parenting Style	.81	.63						
4. Self-Regard	.76	.41	.33					
5. Self Confidence	.88	.27	.56	.78				
6. School Abilities	.72	.37	.55	.63	.77			
7. Physical Appearance	.66	.51	.60	.79	.73	.61		
8. Physical Abilities	.79	.48	.63	.67	.69	.71	.77	

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