

Relationship of Authoritarian Parenting with Self Esteem of Adolescents

Aastha Jain

Psychologist, Cankids...Kidscan (NGO), Delhi, India

ABSTRACT

In families with excessive parental control is followed by extreme punitiveness and coldness, the adolescent child might rebel against parental standards explicitly. Self-esteem can be defined as an individual's attitude about him or herself, involving self evaluation along positive negative dimensions. The present study was conducted to find out the relationship between the authority parenting style with self esteem of adolescents. Rosenberg's Self Esteem Scale, Parental Authority Questionnaire and Difficulties in Emotion Regulation Scale were used to collect data. Pearson's product correlation and t-test were used to find out the results. The correlation was found to be -0.54 and the t-value was 2.70. Both the values are statistically significant, and hence it is concluded that the self esteem is negatively correlated to authoritarian parenting styles, and adolescent females have significantly lower self esteem than their male counterparts.

KEYWORDS: authoritarian parenting style, self esteem

INTRODUCTION

Parenting is both a social and a biological process. Parenting is a term which summarises the set of behaviours which are involved across life in the relations among organisms who are mostly conspecifics and specifically members of different generations or, at least, of different birth cohorts.

Authoritarian parent may see the child's increasing needs to individuate as rebellion or disrespectful, and they may resist the adolescents' need for growing independence. In families with excessive parental control is followed by extreme punitiveness and coldness, the adolescent child might rebel against parental standards explicitly, trying to assert it's independence in a visible and demonstrable style. Such rebellion does not indicate genuine emotional autonomy. It is more likely to be a demonstration of the adolescents frustration with his or her parents rigidity and lack of understanding.

Self-esteem can be defined as an individual's attitude about him or herself, involving self evaluation along positive negative dimensions (Baron and Byrne 2001). Most generally self-esteem refers to an individual's overall positive evaluation to the self (Rosenberg Carmi and Carrie, 1995).

Studies indicate parental styles have an impact on adolescents' self esteem. It is not only the parenting style but the quality of the relationship between the parent and the child that influences the development of the child's self esteem (Morvitz and Motta, 1982). These relationships are

much stronger for the child's perceptions of parental behavior and his or her self esteem than the actual parental behavior or reports of parents of their own behavior (Gecas and Schwalbe, 1986).

REVIEW OF LITERATURE

Kugbey, Mawulikem & Atefoe (2015) examined the influence of parenting styles on adolescents' self-esteem and academic achievement in the Ho municipality of the Volta Region in Ghana. A total of one hundred and twenty (120) students from two schools were randomly selected. The cross-sectional survey method was used and the variables in the study were measured with 'The Parenting Style Scale', Rosenberg Self Esteem Scale and End of term examination records. The data was analyzed with the Two-way Analysis of Variance. It could be seen in the results that parenting styles had significant effects on adolescents's academic achievement and self-esteem. However, no significant gender differences were observed in academic achievements and self-esteem and of the adolescents. The implication of these findings is that the type of parental upbringing has significant impacts on the psychosocial outcomes of adolescent and therefore, parents and caregivers should ensure the use of best practices in child upbringing.

Kim and Chung (2003), the authors tested the relationship of authoritative, authoritarian, and permissive parenting styles and in the United states the number of years with self-perception morality, academic competence, and self-reliance) as Korean American college students recalled.

How to cite this paper: Aastha Jain "Relationship of Authoritarian Parenting with Self Esteem of Adolescents" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-4 | Issue-5, August 2020, pp.417-419, URL: www.ijtsrd.com/papers/ijtsrd31864.pdf



IJTSRD31864

Copyright © 2020 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0/>)



Authoritative parenting behaviours were most common in Korean American families, followed by authoritarian behaviours, with permissive behaviours a distant 3rd. Authoritative parenting pattern and the number of years lived in the United States were predicted as higher academic competence. Permissive and authoritarian and parenting styles were predicted with lower self-reliance, whereas number of years lived in the United States was linked to higher self-reliance.

OBJECTIVES

The objectives of the study are as follows:

1. To study the relationship between the parenting styles and self esteem of adolescents
2. To see the difference between the self esteem and emotional regulation of adolescent males and females

HYPOTHESES

The hypotheses of the study are as follows:

H₁: There will no relationship between the parenting styles and the self esteem of the adolescents

H₂: There will be no gender differences in the self esteem

METHODOLOGY

The sample of the study was collected through google docs. The sample consisted of adolescent males and females ages between 15 to 21. 50 males and 50 females were selected for the study. The total sample size was 100. The Rosenberg Self-Esteem Scale (1965) and The Parental authority questionnaire (Buri, 1991) were used to collect the data. The Rosenberg Self-Esteem Scale is a 10-items scale that measures global self-worth using a 4-point likert scale format. Parental authority questionnaire is a five point likert type scale having 30 items in total. For this study, the 10 items measuring authoritarian parenting style were used.

ANALYSIS AND INTERPRETATION

Table 1 Correlation between authoritarian parenting style and self-esteem

Correlations			
		Parenting Style	Self Esteem
Parenting Style	Pearson Correlation	1	-0.54*
	Sig. (2-tailed)		0.000
	N	100	100
Self Esteem	Pearson Correlation	-0.54*	1
	Sig. (2-tailed)	0.000	
	N	100	100
*. Correlation is significant at the 0.05 level (2-tailed).			

The coefficient came out to be -0.54. It is significant at 0.05 level of confidence, which means that the relationship between the two is statistically significant. The correlation has a negative sign which means that the relationship is inverse. It means that adolescents who have an authoritarian style of parenting done, will have low self esteem and vice versa.

Cardinali and D'Allura (2001) did a study of young adults with visual impairments examined the relationship between their mothers' parenting styles—permissive, authoritative,

and authoritarian—and the young adults' self-esteem on the basis of the young adults' and mothers' reports. Findings indicated that both young adults' and mothers' reports of parenting styles were related to self-esteem.

Table 2 Self esteem of males and females

Variables	N	Mean	SD	t'
Males	50	25.68	2.31	2.70*
Females	50	18.13	2.19	

The t-score is 2.70, which is significant at 0.05 level. It means that the gender differences in the self esteem of adolescents is statistically significant. Adolescent females have significantly lower self-esteem than adolescent males.

A study was done by Kearney-Cooke A (1999) on "Gender differences and Self-Esteem". The results of the study showed that adolescent girls tend to have lower self-esteem and more negative assessments of their physical characteristics and intellectual abilities than boys have. These findings may explain why the incidence of suicide attempts, depression, and eating disorders is substantially higher in girls.

CONCLUSION

The aim of the research was to investigate the "Relationship of authoritarian parenting with self esteem of adolescents". A sample size of 100 (50 males and 50 females) was selected. The data was collected using google docs. Rosenberg's Self Esteem Scale, Parental Authority Questionnaire and Difficulties in Emotion Regulation Scale were used to collect data. Pearson's product correlation and t-test were used to find out the results.

A significant and a negative relationship was found between the parenting style and self esteem of the adolescents. The hypothesis was therefore rejected. It can be concluded that parenting styles and self esteem are highly correlated. An authoritarian parenting style correlates negatively with self esteem, and so it can be further explored as a potential cause for low self esteem.

A significant difference was found between the self esteem of males and females. Males scored significantly higher on self esteem than females. Males tend to have a higher self esteem than woman. It can be concluded that adolescent girls have low self esteem when compared to their male counterparts. Since the sample belonged to only one state, it can be a cultural factor also. An array of items strongly influence self-esteem in both genders: parents and home life, personal security, academic competence, and personal mastery.

REFERENCES

- [1] Baron, R. A., Byrne, D., & Watson, G. (2001). *Exploring social psychology*. Allyn & Bacon.
- [2] Cardinali, G., & D'Allura, T. (2001). Parenting styles and self-esteem: A study of young adults with visual impairments. *Journal of Visual Impairment & Blindness*, 95(5), 261-271.
- [3] Gecas, V., & Schwalbe, M. L. (1986). Parental behavior and adolescent self-esteem. *Journal of Marriage and the Family*, 37-46.

- [4] Kearney-Cooke, A. (1999). Gender differences and self-esteem. *The journal of gender-specific medicine: JGSM: the official journal of the Partnership for Women's Health at Columbia*, 2(3), 46-52.
- [5] Kim, H., & Chung, R. H. G. (2003). Relationship of recalled parenting style to self-perception in Korean American college students. *The Journal of genetic psychology*, 164(4), 481-492.
- [6] Kugbey, N., Mawulikem, E. K., & Atefoe, E. A. (2015). Adolescents' self-esteem and academic achievement in Ghana: The role of parenting styles and sex differences. *Journal of Education, Society and Behavioural Science*, 194-201.
- [7] Morvitz, E., & Motta, R. W. (1992). Predictors of self-esteem: The roles of parent-child perceptions, achievement, and class placement. *Journal of Learning Disabilities*, 25(1), 72-80.
- [8] Rosenberg, M., Schooler, C., Schoenbach, C., & Rosenberg, F. (1995). Global self-esteem and specific self-esteem: Different concepts, different outcomes. *American sociological review*, 141-156.

