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RESEARCH ARTICLE

A STUDY TO ASSESS THE PERCEIVED IMPACT OF PARENTING STYLE ON SELF ESTEEM OF ADOLESCENTS IN SELECTED COLLEGES TIRUPATI

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ABSTRACT

The aim of the study was to assess the perceived impact of parenting style on self esteem of adolescents in selected colleges, Tirupati.

Objectives:

- 1.To assess the perception of adolescents regarding parenting style of parents
- 2.To assess the self esteem of adolescents
- 3.To find correlation between perceived maternal & paternal parenting style with self esteem of adolescents
- 4.To find the association between demographic variables with perceived maternal & paternal parenting style
- 5.To find the association between demographic variables with self esteem of adolescents

Methodology: By using cluster random sampling technique a descriptive research design was adopted, 100 adolescent college students were taken as samples, and data collection was done by using a standardized and self structured questionnaire.

Results: The study results revealed that out of 100 adolescents, majority 42(42%) were having Permissive, and 40 (40%) were having authoritative parenting style, 16(16%) were having Authoritarian and 02(02%) were having neglected parenting style, and out of 100 adolescents 87 (87%) had moderate level of self esteem, 8 (8%) had mild level of self esteem and 5 (5%) had high self esteem, and showed significant relationship between self esteem and parenting style at $p < 0.05$.

Conclusion: As the technology is increasing day by day the parenting has reduced and the children are more attracted to the technology and lacking good guidance and support from the parents, the present study is aimed to show the importance of parenting style on the development of self esteem of adolescents, it has shown a positive relationship between the parenting style and self esteem.

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INTRODUCTION

"It is not what you do for your children, but what you taught them to do for themselves, that will make them successful human beings"

- Ann Landers

Background of The Study: Adolescence is a transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24. In many societies, however, adolescence is narrowly equated with puberty and the cycle of physical changes culminating in reproductive maturity.

In these societies the term *adolescence* typically refers to the period between ages 12 and 20 and is roughly equivalent to the word *teens*.^{1,2} Adolescence is a critical phase of life where an individual undergoes many changes. The word 'adolescence' comes from the Latin verb 'adolescere', which means 'to grow' or 'to grow to maturity'. It is a period of transition when the individual changes physically and psychologically from a child to an adult. "Adolescence is much more than one rung up the ladder from childhood. It is a built-in, necessary transition period for ego development. There are various factors like family structure, transition in emotionality, transition in socialization, the social status, changed body, levels of aspiration, their achievements, religious beliefs that play a significant role in adolescent development. Among the various family factors that might influence child and adolescent development, parenting styles have been recognized as important."³

Self esteem: Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself" (Adler & Stewart, 2004). According to self-esteem expert Morris Rosenberg, self-esteem is quite simply one's attitude toward oneself (1965). He described it as a "favourable or unfavourable attitude toward the self". Self-esteem refers to a person's beliefs about their own worth and value. It also has to do with the feelings people experiences that follow from their sense of worthiness or unworthiness. Self-esteem is important because it heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential. People with high self-esteem are also people who are motivated to take care of themselves and to persistently strive towards the fulfilment of personal goals and aspirations. People with lower self-esteem don't tend to regard themselves as worthy of happy outcomes or capable of achieving them and so tend to let important things slide and to be less persistent and resilient in terms of overcoming adversity. They may have the same kinds of goals as people with higher self-esteem, but they are generally less motivated to pursue them to their conclusion.⁴

Need for the Study: It can be hard to really wrap your mind around self-esteem and why it is so important. To help you out, here is a list of some of the most significant and relevant findings about self-esteem and low self-esteem in particular.

Many studies suggest that the interaction between parents and children is related to children's self-esteem. Grove, 1980, Felson & Zielinski, 1989, Previous studies suggested that children's self-esteem would be positively related to permissive parenting styles Buri, et al., 1988, Park, et al., 2002, however, the results of the studies on parental authority or control and self-esteem were not consistent. While some studies found that parental control has no relationship (Gecas, 1971) or negative relationship, Grove, 1980, with self-esteem, other studies found that parental authority is positively related to self-esteem (Buri, et al., 1988; Buri, 1989). DeHeart, Pelham, & Tennen (2006) examined relationship between parenting style and implicit self-esteem. The results showed that people who reported that their parents engaged in more caring behaviours would have higher implicit self-esteem and people who reported that their parents were more overprotective than most would have lower implicit self-esteem. In addition, they found that different aspects of parenting are differentially related to implicit and explicit self-esteem.⁵

Grove (1980) examined the relationship between parental behaviour and children's self-esteem. Scholte et al., (2001) found that supportive parenting is positively related to self-esteem. Thus, self-esteem and parenting styles or parental behaviours are highly correlated. Williams, Family educator and counsellor in her article mentions that for a healthy family life it is very much important for the parents to develop and practice consistent intra as well as inter-parenting. In India, Fathers' generally are more physically distant as compared to mothers and father-child relationship generally is marked by obedience and compliance while most of the time of mothers is spent taking care of their children (Ranganath and Ranganath, 1997). Overall, much of research work is required in the area of parenting in South Asian families especially in India since researches based on predominant parenting styles

practiced and their effect of self-esteem of children and adolescents in India are scarce.¹²

MATERIAL AND METHODOLOGY

Research approach: descriptive research design.

Setting of the study: GATE intermediate and degree college, Tirupati.

Study population: students studying inter 1st and 2nd year.

Study sample: students studying inter 1st and 2nd year in GATE college.

Sample size: 100 students were taken.

Sampling technique: cluster random sampling technique was adopted for the present study.

Criteria for Sample Selection

Inclusion criteria:

-) Students who are studying inter first and second year
-) Students who are willing to participate
-) Students who are available at the time of study
-) Both boys and girls are included in the study

Exclusive Criteria

-) Students who are not willing to participate
-) Students who are studying degree

Instrument

The tool used for the study consists of three sections

-) Section:- I - Socio demographic data
-) Section:-II – Self esteem of the style
-) Section:-III – Parenting style

Section-I: It consists of socio-demographic data such as age, gender, total number of children in the family, birth order in the family, religion, studying class, education of mother, education of father, occupation of mother, occupation of father, residence, living along with your grandparents, type of family, and monthly family income.

Section-II: A standardized ROSENBERG SELF-ESTEEM SCALE, developed by M.Rosenberg (1965) was used to assess the self esteem of adolescents, which consists of 10 questions and each statement was given with 4 responses, the student has to choose any of them and the score will be given based on the type of response.

Section-III: A self structured parenting assessment tool was developed under the expert guidance which consists of four different types of parenting styles they are Authoritarian, Authoritative, Permissive and Neglected types of parenting styles, and each of the style is explained through different statements and each statement was given 4 different responses the score was interpreted by their responses.

Score Interpretation: The score interpretation was prepared for section-II and section-III, section-II consists of 10 questions where Items 2, 5, 6, 8, 9 are reverse scored. Give “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem. Section-IV consists of 25 questions each question consists of 4 responses, where “very likely” 4, “moderate likely” 3, “Moderate unlike” 2, “Very unlike” 1.

Content Validity: Content validity was obtained from experts of child health nursing, Psychology, and pediatric department doctors, their suggestions are incorporated and necessary modifications were made under the guidance and supervision of our guide.

Reliability of the Tool: Reliability of the tool was established by using Split half method and Spearman’s Brown prophecy formula

$2r$

$R = \frac{2r}{1+rr}$ where R = Reliability co-efficient of the whole test

$1 + rr =$ Correlation co-efficiency

The reliability co-efficient and correlation of Parenting style was found to be 0.96.

Pilot Study: Prior permission was obtained from principal of SV college of engineering, Karambaadi road, Mangalam, Tirupati, Andhra Pradesh. The study was conducted from 14-3-2020 to 17-3-2020 with a sample of 10 students were taken and after pilot study necessary changes were made with the expert guidance.

the significance of the present study, taken a written consent from the participants, after getting the informed consent the tool was handed over to the students, explained each question and obtained their opinion and the researcher thanked the students and the management for their cooperation towards the study.

Data Analysis: After completing the data from each individual student, results were tabulated. Descriptive and inferential statistics were used for analysis of students self esteem and parenting style.

Descriptive Statistics

-) Frequency and Percentage distribution used to analyze the demographic variables
-) Percentage, mean distribution and S.D used to analyze the study variables that are inter students.

Inferential Statistics

-) Chi – square was used to analyze the association of demographic variables with self esteem and parenting style.
-) Pearson correlation was used to correlate the self esteem and parenting style.

FINDINGS OF THE STUDY

Table.1.shows that out of 100 adolescents, majority 42(42%) were having Permissive, and 40 (40%) were having authoritative parenting style, 16(16%) were having Authoritarian and 02(02%) were having neglected parenting style.

Table 2 shows that out of 100 adolescents 87 (87%) had moderate level of self esteem, 8 (8%) had mild level of self esteem and 5 (5%) had high self esteem.

Table 1. Distribution of parenting styles among college students

| S.no | Type of parenting style | Number | Percentage |
|------|-------------------------|--------|------------|
| 1. | Authoritarian | 16 | 16% |
| 2. | Authoritative | 40 | 40% |
| 3. | Permissive | 42 | 42% |
| 4. | Neglected | 02 | 02% |

Table 2. Distribution of self esteem among college students

| S.no | Mild Self Esteem | | Moderate Self Esteem | | High Self Esteem | |
|------|------------------|------------|----------------------|------------|------------------|------------|
| | Number | Percentage | Number | Percentage | Number | Percentage |
| 1. | 08 | 8% | 87 | 87% | 05 | 5% |

Table 3. Correlation between self esteem and perceived parenting style

| S.no | Type of parenting style | R- value | Correlation | P-value |
|------|-------------------------|----------|----------------------|-----------|
| 1. | Authoritarian | -0.2505 | Negative correlation | 0.012123* |
| 2. | Neglected | -0.2522 | Negative correlation | 0.01143* |
| 3. | Permissive | 0.0732 | Positive correlation | 0.469208 |
| 4. | Authoritative | 0.2397 | Positive correlation | 0.016306* |

*Significance at 0.05level

Data Collection Procedure: By cluster random sampling method 100 students were selected, a formal written permission was taken from the Principal of GATE Inter and Degree college, old maternity hospital road, Bhavani nagar, Tirupathi. Data was collected from 17-03-2020 to 19-03-2020. Researcher introduced the topic to the students and explained

Table 4 shows significant relationship between self esteem and parenting styles at $P < 0.05$ level.

Table 6. shows significant association between self esteem and demographic variables such as class of studying and occupation of mother, at $P < 0.05$ level.

Table 4. Association between selected demographic variable and self esteem

| S.no | Demographic variable | Chi-square | P value |
|------|---------------------------|------------|------------|
| 1. | Age | 4.5536 | 0.6021 @ |
| 2. | Sex | 3.2425 | 0.1976 @ |
| 3. | Class of studying | 7.135 | 0.02822 S* |
| 4. | Number of children | 2.666 | 0.84945 @ |
| 5. | Birth order | 5.8314 | 0.44234 @ |
| 6. | Religion | 8.2524 | 0.0827 @ |
| 7. | Place of residence | 0.4492 | 0.97825 @ |
| 8. | Education of mother | 3.9038 | 0.8657 @ |
| 9. | Education of father | 4.8559 | 0.7728 @ |
| 10. | Occupation of mother | 32.5853 | 0.00013 S* |
| 11. | Occupation of father | 3.0682 | 0.8002 @ |
| 12. | Living with grand parents | 4.1174 | 0.1276 @ |
| 13. | Type of family | 6.6321 | 0.3562 @ |
| 14. | Income | 3.198 | 0.7836 @ |

@ - Not significant

*S- significant at 0.05 level

DISCUSSION

The main findings of this study were that authoritative and permissive parenting styles shows a positive correlation with self esteem and where as on the other hand the Authoritarian parenting style and the neglected parenting styles shows negative correlation with self esteem of adolescent students.

The first objective of the study is to assess the perception of adolescents regarding parenting style of parents: By using structured questionnaire parenting styles were assessed Table.2.shows that out of 100 sample 16(16%) stated they are having authoritative parenting style, 40(40%)were having Authoritative, 42 (42%) were having Permissive parenting style and 02(02%) were having neglected parenting style.

Sofie Kuppens and Eva Ceulemans et. al, (2019) has conducted a study on "Parenting Styles: A Closer Look at a Well-Known Concept"revealed four congruent parenting styles: an authoritative, positive authoritative, authoritarian and uninvolved parenting style. A subsequent cluster analysis comprising three parenting dimensions (parental support, behavioural and psychological control) yielded similar cluster profiles for the congruent (positive) authoritative and authoritarian parenting styles, while the fourth parenting style was relabelled as a congruent intrusive parenting style.

The second objective of the study is to assess the self esteem of adolescents: Rosenberg Self-Esteem Scale was administered to 100 adolescent students to assess the level of self esteem. Table.3 shows that out of 100 samples 87% (87) moderate level of self esteem, 8% (8) mild level of self esteem and only 5% (5) with high self esteem.

Rogina J.S. savarimuttu et.al,(2014)has conducted a study on "Self-Esteem Among Urban Indian Adolescents" results found that Most of the adolescents had moderate degree of self-esteem. Nurses using this scale can identify adolescents with low self-esteem and intervene to improve their self-esteem.

The third objective of the study to find correlation between perceived maternal & paternal parenting style with self esteem of adolescents: The results of the study shown that there is a positive correlation between 2 types of parenting style and negative parenting styles, Table.4 shows

Authoritarian and Neglected parenting styles are having negative correlation with self esteem and Permissive and Authoritative parenting styles are having positive correlation with self esteem.

Aremu TA, et al (2019) were conducted a study on "RELATIONSHIP BETWEEN PARENTING STYLES AND ADOLESCENTS' SELF-ESTEEM" results have showed that Pearson correlation coefficient test showed a positive significant relationship between flexible parenting style and adolescent self-esteem for fathers ($r=0.141$) ($p=.001$) and mothers ($r=0.137$, $p=.001$). Research findings reveal significant association between perceived parenting styles and adolescents' self-esteem.

Fourth objective of the study is to find the association between demographic variables with perceived maternal & paternal parenting style: Present study found significant association between type of parenting style with educational qualifications of parents and class of studying at ($p<0.05$) level.

Mahboubeh Firouzkouhi Moghaddam et.al (2017) has conducted a study on "CHILD SELF-ESTEEM AND DIFFERENT PARENTING STYLES OF MOTHERS: A CROSS-SECTIONAL STUDY" the study results found that there was significant relationship between self-esteem and authoritative parenting style ($p=0.05$).

Fifth objective of the study is to find the association between demographic variables with self esteem of adolescents: Present study shows association between self esteem and demographic variables such as class of studying and occupation of mother.

Shraddha Sharma, Surila Agarwala et.al (2015) were conducted a study on "SELF-ESTEEM AND COLLECTIVE SELF-ESTEEM AMONG ADOLESCENTS: AN INTERVENTIONAL APPROACH" The results showed that the mean self-esteem score in pre-measure was 11.31, which increased to 17.42 in post measure and Z value was -7.51 that was significant at .01 level.

Conclusion

The study findings revealed that 16 % (16) stated that they are having authoritative type of parenting style, 40(40%) were having Authoritative, 42% (42) were having Permissive parenting style and 02% (02) were having neglected parenting style, and among 100 adolescent students 87% (87) moderate level of self esteem, 8% (8) mild level of self esteem and only 5% (5) with high self esteem. Based on the findings, the researcher prepared an information booklet on positive parenting tips towards child rearing and to improve the self esteem of adolescents, which in turn reduces the negative impact on students; positive parenting leads a positive child development.

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The effects of parenting styles on each personal growth initiative and self-esteem among Japanese university students
