



AUTHORITARIAN PARENTING STYLE AND ITS EFFECT ON SELF-ESTEEM AND COPING STRATEGIES OF 21 YEAR OLD GIRL

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ABSTRACT

Background: A parenting style is a psychological construct representing standard strategies that parents use in their child rearing. The quality of parenting can be more essential than the quantity of time spent with the child.

Authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence, and self-esteem.

Purpose : The purpose of the current study was to examine the impact of authoritarian parenting style on self-esteem and coping strategies.

Material & Methods : This case study was conducted on 21 year old girl who had internal conflicts due authoritarian parenting styles, study incorporated case history from parents and subject through informal and telephonic conversation. Multidimensional parenting style, Cooper-smith self-esteem inventory and Cope inventory scale was administered to the respondents and used for the study.

Result: Subject having an average self-esteem and good in emotion focused coping.

Conclusion: shows that subject was good at coping with her emotions and she was very practical in nature; she accepts the reality of a stressful situation and engaged herself in attempt to deal with the situation.

KEYWORDS : Authoritarian parenting style, self esteem, coping strategies

INTRODUCTION

Authoritarian parenting is very strict, expecting, controlling and rigid style of parenting which is being carried out by the parents with an objective to keep their kids safe and secure, but they often forget its consequences on the mental health of the child, A person does not simply becomes a parent through a biological relationship with a child instead a parent is someone who looks after the child as they grow up they could be a sibling, grandparents, uncle, aunt or any family friend. In many cases the child is mostly been taken care by the biological parent but in other cases like for the orphans, government and other social institutions also play a major role in child rearing. A study shows that authoritarian parenting pattern had negative effect on self-esteem [1] Finding also indicate that there was significantly higher scholastic, global and physical self-esteem in children of parents practicing authoritative parenting style in comparison to authoritarian parenting styles[2] Study reported that Children who had lower self esteem reported that their fathers were more psychologically controlling as well as critical, however the children with high self esteem mentioned that their fathers were lenient up to some extent and were especially good at problem solving.[3] individualist mothers showed less authoritarianism but had more negative feelings and thoughts about their children which had a detrimental effect on the self esteem of the individualist group children.[4] Demonstrating that authoritarianism style of parenting was inversely proportional to the self esteem of the child[5] Finding also indicate that the sample from the overprotective and less accepting families had very low level of self esteem.[6]

Purpose of the Study

The purpose of the current study was to examine the impact of authoritarian parenting style on self-esteem and coping strategies.

Clint Profile: Ms X, a 21 year old unmarried, graduate student from middle socio economic status doing BSc. Nursing was taken for the current study. The subject has grown up in authoritarian parenting style.

Case assessment:

Parent were given Multi-dimensional parenting scale, To find out the parenting style of the parent. After analyzing the parenting style questionnaire a telephonic conversation was done with the parent to gain more insight into their parenting style. Her father was very

strict and extremely strict with her and he rarely shared or expressed his emotions with her. She was also not able to express her emotion with her father. He always had shown negative emotions like anger, disgust. He was always aggressive, sarcastic, disappointed, avoidant and get frustrated. He was never shows his positive emotions like happiness, proud, excited. Comparatively subject was more comfortable with her mother. Her mother was always encouraged her, although her mother sets some limits but she allowed to speak her point of view and her mother never dominates her. Whenever she doesn't agree with her mother's point of view she used to have arguments with her mother.

Perception towards father: In front of her father she could not put up her point of view and if she did so then her father would try to make her understand in a strict way and he consider her demands only when its genuine.

Perception towards mother: mother always asked her to be in her limit, girls should behave in this way. Her mother was more conservative than her father. Somewhere she knows that if she is doing something her mother is always there to encourage her.

Due to high parental control she shows passivity: for example as she told if the father is in home she can't laugh, talk or scream loudly. Close supervision, parental authority provoke rebelliousness in nature: she told that her mother and her sister knows about her close friend and they asked not to talk to him but she says whenever she is sad she feels comfortable talking to him even though her parents don't like but still she talks to him because this gives her sort of comfort.

High parental control: for example as she told that she don't share much things with her father, when she came Noida one of her relative (uncle) follow, that way she stopped going out of her hostel and she could not even share this with her father these things are there in her subconscious mind and whenever she remembers she gets sad.

Buoyancy in nature: Even in difficult times she can continue to be happy and strong. She told that whenever any kind of difficulty she faces away from home she missed her family a lot but, still she pretend to be happy and strong in front of everyone as if everything is okay she don't share much with people. She rebel in front of her

parents for not marrying and wants to study further for good career opportunities. And she decided that she would be out of the house after 12th for study and she persuaded her parents

INSTRUMENTS

Multi-Dimensional Parenting scale (MDPS) [7] The questionnaire contains 56 items for seven areas of parenting parental behavior in terms of 'mothering' and 'fathering' for the two 'ends' of the seven dichotomous dimensions. The internal consistency of the scale was determined in two ways test-retest and split half reliability respectively

Cooper Smith Self Esteem Inventory (CSEI) [8] The questionnaire contains 58 item measures of attitude toward oneself. The inventory was originally designed to measure children's self-esteem.. The minimum test retest reliability of the scale is 0.72 to .85. The validity of scale is concurrent validity

Cope Inventory Scale(CIS)[9] The questionnaire contains 60 item scale which measures 15 different areas of coping .The test retest reliability is used and validity of the test is construct validity.

RESULT&DISCUSSION

On positive dimension, father is deviating as a whole, especially on acceptance, democratic, and dominance. According to him any criticism made by her is not acceptable; she is not allowed to go wherever she wished to go. Her father decision is final decision. In same dimension, her mother is deviating as a whole especially on love, acceptance, progressivism, independency, According to her, girls should be given limited freedom, there are some set of rules that she need to follow but still her mother allows her to speak her point of view and her mother never dominates her. (Fg.1)

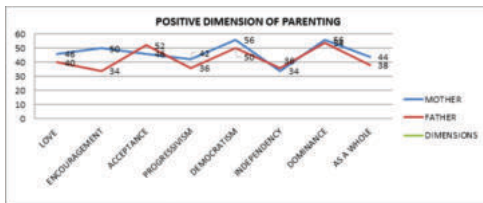
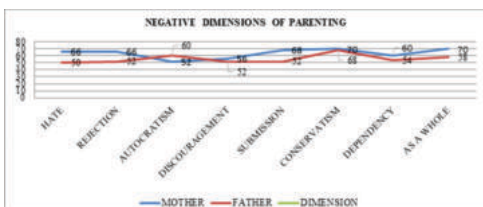


Fig. 1: Comparison of parent's positive dimensions on the basis of MDPS.

On negative dimensions father is deviating on conservatism, autocratic. Her father believes in commitment to traditional values and ideas he don't believe in change and whatever rules made by her father, in the family it is a compulsion that she need to follow without argument on them.

As a whole her mother is deviating on negative dimensions like hate, rejection, conservatism, dependency, submission. Her mother is very committed to traditional values, according to her girls should get married at the right age and children should be obedient towards their parents because whatever they decide is good for them only. She doesn't believe in fulfilling every demand of her child (Fg.2)



Comparison of parent's negative dimension on the basis of MDPS.

The graph reveals that she is good at coping with her emotions, which means that she is emotion focused person. She is good at some dimensions of problem focused coping like active coping and planning. She tries to initiate efforts step by step to reduce stressor

and she make strategies and think about what all step she need to take to handle the problem as well.

According to her she is a very religious tendency. she worship god and believes that whenever she worship she feel stress free.

She is very practical in nature; she accepts the reality of a stressful situation and engaged herself in attempt to deal with the situation. She knows exactly what all is allowed in her words she is "I know my limits" and i do things accordingly. Denial, a response is useful in minimizing distress and thereby facilitating coping. In her case she denies going on parties, trips because she is not allowed by father to go so she directly says no to avoid further stressful situations. She seeks out support from her sisters and she shares her thoughts with her sisters or whatever she feels like to avoid stress. Emotion-focused coping strategies involve efforts to regulate the emotional consequences of stressful or potentially stressful events She is good at emotion focused coping.(Fg.3)

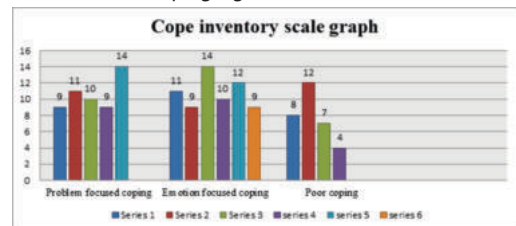


Fig. 3: showing the coping style on the basis of CIS

Self-esteem

The level of self esteem in the subject was moderate, She was worried but struggling. she suspects her ability and fear failure in future.

CONCLUSION:

Comparing the positive and negative dimension of parents the mother was deviated as a whole on both dimension positive and negative, whereas father deviated on the negative dimension only Findings also indicated that she was good at coping with her emotions and had a very practical approach and engaged herself in attempt to deal with situation.

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