



A DESCRIPTIVE ANALYSIS OF OVERVIEWS REGARDING SATISFACTION IN PARENTAL RELATIONSHIP & SUBJECTIVE HAPPINESS ON ADOLESCENTS' SELF-ESTEEM

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ABSTRACT

Satisfaction in parent-child relationship and happiness affect self-esteem through an individual's life experiences and creates particular point of time ranging from negative to positive. Adolescence is a period of change in almost every aspect of adolescent life that may influence their parent-child relationships & subjective wellbeing. A number of theories suggest positive parent-child relationships foster children's healthy feelings of overall self-worth (i.e., global self-esteem). Therefore the researcher conducted a systematic review to evaluate the impact of Satisfaction in parental relationship & subjective happiness on self-esteem among adolescents. PubMed, PsycNET, Semantic Scholar and Google Scholar to search original studies published from January 2010 to December 2019. On the basis of PICOT criteria, the quality of potentially relevant papers were evaluated to select most relevant papers (N=9) conducted on 8875 adolescents among them 2538 (28.59%) were male and 2947 (33.20%) were female participants whereas 3390 were not categorized (38.19%) with gender specification. Content and result analysis of relevant papers was carried out to synthesise the data. 8 studies (N=9) were showing positive impact of satisfaction in parental relationship & subjective happiness on self-esteem among adolescent. The results reinforce that adolescents' self-esteem is significantly associated with their parental relationship and subjective happiness.

KEYWORDS : Parental relationship, subjective happiness, self-esteem, adolescent

1.1 INTRODUCTION

"Nothing is more important for the child's development than the quality of care received". Cross-sectional, correlational studies provide ample support for a consistent relation between parent-child closeness and self-esteem. However, longitudinal research does not provide clear support that positive parent-child relationships predict the development (i.e., change) of self-esteem over time. A number of explicitly developmental theories suggest that self-esteem develops directly from the quality of the parent-child relationship. Adolescence is such a period given that an adolescent's self-view is changing and their relationships with their parents are also going through a period of reorganization (e.g., changing expectations, independence). Adolescence is still considered a time of relatively large amounts of change and asynchrony in the maturation of different developmental systems. These changes are likely to impact the family system and lead to changes in parent-child relationships, thereby providing an important opportunity to evaluate the dynamic connections between self-esteem and parent-child relationships. There is one complicating factor concerning connections between self-esteem and parent-child relationships during adolescence. Namely, there are indications that parent influences might weaken as children progress through the adolescent period. This suggests that parents might have a declining impact on the development of self-esteem during the adolescent years. Therefore the researcher conducted a systematic review to evaluate the impact of Satisfaction in parental relationship & subjective happiness on self-esteem among adolescents.

1.2 Research Statement

A systematic review on the impact of Satisfaction in parental relationship & subjective happiness on self-esteem among adolescents

1.3 Objectives of the study

Among adolescents;

- To evaluate the impact of satisfaction in parental relationship on self-esteem
- To assess the impact of satisfaction in subjective happiness on self-esteem

1.4 Method

Four electronic databases were searched: PubMed, PsycNET,

Semantic Scholar and Google Scholar. Total Initial papers (n=2304) were screened to exclude those clearly irrelevant (N=1956) and duplicates (N=187). Further potentially relevant references (N=161) were retrieved and evaluated on the basis of PICOT criteria, most relevant papers were selected (N=9) which were Published from January 2010 to December 2019 among adolescent with age range between 10-19 year And fulfilling the PICOT criteria (**P (Population)**– Adolescent, **I (Intervention)** - Satisfaction in parental relationship & Subjective happiness, **C (Comparison)** – Self-esteem of Adolescent, **O (Outcomes)** – Impact (Positive or Negative), **T (Type of Study)** – Cross sectional, Longitudinal, Descriptive, Explorative studies & clinical studies. All searches were run during March 2019 and October 2019. Research articles were excluded which were duplicate or not providing original data, contained incomplete information regarding variables under study, Not specifying the relationship between variables under study and carried out with samples who were physically and mentally impaired or chronically ill. (Figure 1.1). For each publication, the investigator recorded the authors' name, publication year, study design, the country (context) in which the study had been conducted, objective of the study which specifically support the present study, sample number, age of the sample, gender specification, variables of the present study for that the particular paper is reviewed, comparison variable, result analysis method, specific outcomes and impact on the comparison variable. (Table 1.1). Content analysis was conducted to synthesise the data from all relevant papers (N=9), followed by result analysis of the studies. Data was synthesized on the basis of the evidence based abstractions from the relevant paper.

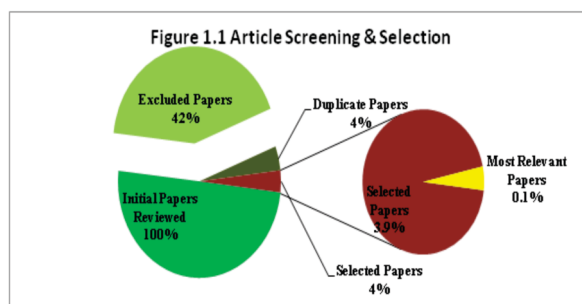
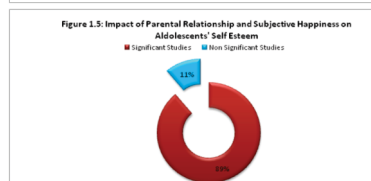
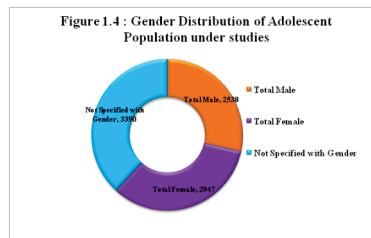
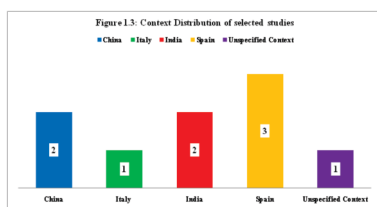
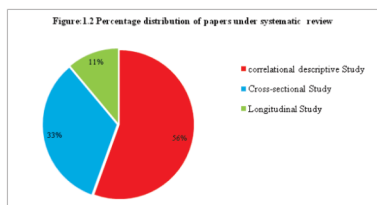


Table: 1.1 - SYSTEMATIC REVIEW TO EVALUATE THE IMPACT OF PARENTAL RELATIONSHIP & SUBJECTIVE HAPPINESS ON SELF ESTEEM AMONG ADOLESCENT

S. .	Authors	Year	Study Design	Country	Objective	POPULATION			INTERVENTION		COMPARISON		OUTCOME				
						N	Sex	Age	Male	Female	paren Rel	Subje e	Self Esteem	Result Analysis	Outcome	Specific	Impact
1	Wong DF, et al,	2010	cross-sectional survey design	China	Psychosocial factors affecting their life satisfaction	625	Both	12- 18	429	196	YES	No	Yes	Descriptive statistics	Significant	Life satisfaction	Positive
2	Silvia Guamieri et al,	2010	cross-sectional survey design	Italy	Adolescent attachment to parents	1183	Both	12-19	606	577	YES	No	Yes	Confirmatory Factor analysis & ANOVA	Significant	Trust, Communication, and Alienation (Discrimination analysis)	Positive
3	Du H, et al,	2017	cross-sectional studies	China	examine the associations of self-esteem with life satisfaction and happiness,	179	Female	17-19	0	179	YES	YES	Yes	descriptive statistics and correlations	Significant	life satisfaction and happiness	Positive
4	Priya V. & Dr. Muralidaran	2014	Descriptive design	India	Analyze the factors facilitating the Self Esteem of adolescent college students,	284	Both	12-19	Not generalize	Not generalize	YES	No	Yes	descriptive statistics and correlations	NS	Self esteem& Factors	Negative
5	MeghaDhillon, et al,	2016	Descriptive design	India	Factor influencing self esteem	32	Female	14-16	-	32	YES	YES	Yes	descriptive statistics and correlations	Significant	Self esteem& Factors	Positive
6	AmapolaPovedano-Diaz , et al,	2019	Descriptive design	Spain	Adolescents' Life Satisfaction: The Role of parent & Family,	2373	Both	12- 18 years	1091	1182	YES	YES	Yes	Descriptive design	significant	Family climate & relationship, self concept	positive
7	Usue de la Barera, et al,	2019	descriptive statistics and correlations	Spain	Adolescent Adjustment and Well-Being: Personal Factors	840	both	12-16	412	428	NO	YES	Yes	descriptive statistics and correlations	significant	Life satisfaction & Self esteem	Positive
8	Paul R. et al,	2014	Longitudinal Explorative study	-	Effects of Positive and Negative Parenting Practices on Adolescent Mental Health Outcomes	2617	Both	12-16	-	-	Yes	NO	Yes	Regrassion	Significant	Self esteem	Positive
9	Pérez-Fuente, et al,	2019	descriptive study	Spain	Parenting Practices, Life Satisfaction, and the Role of Self-Esteem in Adolescents,	742	both	12-19	389	353	YES	YES	YES	descriptive statistics and correlations	significant	Life satisfaction, parent practice & self esteem	Positive
TOTAL						8875			2538	2947							

1.5 RESULTS

Among (N=9) relevant papers, 5 were conducted by correlational descriptivemethodology, similarly3 were cross-sectional and 1 was longitudinal study (figure 1.2). In the context, 3 were carried out in Spain, 2 in China & India respectively, 1 in Italy and 1 study context was not generalized (Figure 1.3). 8875 adolescents aged between 12-19 years were selected under studies among them 2538 (28.59%) were male and 2947(33.20%) were female participants whereas 3390 were not categorized (38.19%) with gender specification(Figure 1.4). 7 studies were selected adolescent with both gender (n=8664) whereas 2 studies were conducted only on female adolescents (n=211). In all relevant papers only 4 papers were have both interventional variables (parental relationship & Subjective happiness)however 8 studies were have single interventional variable as parental relationship and 5 were have subjective happiness as interventional variable. Findings of relevant papers were analyzed by regression analysis, factor analysis & descriptive analysis. On the basis of the end result analysis, 8 studies were found significant and concluded the positive impact of satisfaction in parental relationship & subjective happiness on self-esteemamong adolescent(Figure 1.5).



1.6 DISCUSSION

Overall, the findings were in line with our predictions showing that Relational self-esteem was associated with life satisfaction, positive affect. Multiple indicators of subjective well-being were utilized including life satisfaction, positive affect, meaning in life, subjective vitality, and happiness. Relational self-esteem was found to be positively associated with different aspects of subjective well-being, suggesting that the pursuit of self-worth through one's relationships with significant others might make people feel more positive and happy and be more satisfied with their lives. (Du H. et al, 2017).The global evaluative dimension of the self is self-esteem. Traditionally, self-esteem has been viewed as global, unidirectional and independent of sources of influence like individual and contextual factors, particularly the impact of relationships with significant others. However, previous studies have emphasized that secure attachment to parents may buffer emotional distress, facilitate social competence and enhance self-esteem. Pubertal changes have been implicated in girls having a lower self-esteem than boys, which reaches a low point between ages 12-13 years. The perception of being an incompetent or rejected person may manifest into feelings of loneliness. Previous literatures

suggests that due to gender stereotypes boys report a higher sense of self-worth, but feel lonelier and rejected as compared to girls (Priya V, & Dr. Muralidaran, 2014).

Adolescents with greater capacity to express and manage their emotions and more self-esteem are more satisfied with their lives. In the prediction of the cognitive dimension of subjective well-being (life satisfaction), both methodologies acknowledge the influence of emotional expression and management as well as self-esteem. In fact, the latter is the predictor with the highest weight. (Usue de la Barrera et al, 2019)The relational self pertains to aspects of the self-concept that are rooted in interpersonal attachments and that consists of aspects shared with significant others (e.g., family, friends) and define one's roles in those relationships. (Du H. et al, 2017).Further, research suggested that secure attachments with parents and peers are linked to positive representations of the self, which include high levels of self-esteem and self-efficacy (Silvia Guarnieri et al, 2010).Studies have shown significant associations between parenting practices, life satisfaction, and self-esteem, and the role of parenting practices in adolescent adjustment, emphasizing its influence on wellbeing (Pérez-Fuentes, et al, 2019).

1.7 CONCLUSION

Parental relationship plays a fundamental role in this stage to boost self-esteem among adolescents. Adolescence is a period of change in almost every aspect of adolescent life that may impact their adjustment and well-being. In the technological and social era, parent and child relationship is very limited in adolescent age, due to emphasis of social networking sites, online game, less peer participation and age related pubertal changes. These changes interfere with the mental health especially adolescents' subjective wellbeing leads to low self-esteem. It is also found in the systematic review process that there are very limited studies conducted during the last decade with purpose to assess the impact of parent child relationship and subjective happiness on self-esteem especially in adolescent age. However, it should not only be understood as a period of vulnerability, but also as a time of opportunity due to adolescents' neural plasticity. The results reinforce the role of personal variables, especially self-esteem, in parent-child interaction and in the improved subjective wellbeing of the adolescent.

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