



## Perceived Maternal Parenting Style and Self Esteem Among Adolescents

### KEYWORDS

Maternal Parenting style, Self esteem, Adolescent

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### ABSTRACT

Maternal parenting style plays an important role in an adolescent's life (Craig, 2007). The current study explores the relation between perceived maternal parenting styles and self esteem among adolescents. Self esteem is an individual's overall sense of self worth and personal value. 87 adolescent school students (42 males & 45 females between 13- 17 years) was given 'Parental Authority Questionnaire (PAQ)' and ' Rosenberg self-esteem scale'. To analyze the obtained data, partial correlation analysis was carried out. Results showed that Authoritative parenting style was mostly perceived maternal parenting style by majority of the adolescents. There exists a significant positive correlation between Authoritative Parenting Style and self esteem ( $r = 0.23$ ). High self esteem is associated with authoritative type of parenting style in mothers in the current sample. Authoritative parenting style and self esteem shows significant positive correlation ( $r = 0.41$ ) in Adolescent girls. But in adolescent boys, even though the correlation was positive, it was not significant. The study focuses on to the important role of parenting in the adolescent's self perception and self esteem

Self-esteem encompasses the approval or disapproval of oneself, and the degree to which one believes he or she is competent, successful, significant, and worthy (Rosenberg, 1965). Adolescence is a transitional stage of physical and psychological development from onset of puberty to maturity. Marked development in self esteem occurs in adolescence. One important factor influencing the development of self esteem is parenting (Gecas & Schwalbe, 1986), especially mothers parenting style.

Parenting has been defined in the literature as 'anything parents do or fail to do that may affect their children' (Locke & Prinz, 2002). The types of parenting children receive have significant implications on their physical, social, emotional and cognitive development (Mowder & Shamah, 2009). Parenting style is a psychological construct representing standard strategies that parents use in their child rearing. One of the best known theories on parenting style was developed by Diana Baumrind. She suggested 4 parenting styles

1. Authoritative Parenting Style: characterized by child centered approach that holds high expectations of maturity, compliance to parental rules and directions, while allowing for an open dialogue about those rules and behaviors between the parent and child..
2. Authoritarian Parenting Style: characterized by high expectations of conformity and compliance to parental rules and directions that does not allow for open dialogue between parent and child.
3. Permissive Parenting Style: characterized as having little behavioral expectation from children and warm affect, but places few demand or control on them.
4. Neglectful Parenting Style: The parents are low in warmth and control. They are generally are not involved in their child's life are disengaged, undemanding, low in responsiveness and do not set limits.

The teenage years are generally stressful for both parents and teens. Teenagers undergo a number of developmental

adjustments include biological, cognitive, emotional and social change on their way to being adults. One important aspect of adolescent period that is greatly influenced by parenting style is self esteem.

Self-esteem is defined as a person's overall evaluation of, or attitude toward, her- or himself (James, 1890; Leary & MacDonald, 2003). Most researchers agree that parental affection/support is positively related to adolescent (Harper, 1987; Kawas, Peterson, Southworth, and Peters, 1983). Likewise a parenting style that avoids the use of guilt, anxiety, and love withdrawal for use in controlling behaviour appears to have a positive relationship with the self-esteem in adolescents (Graybill, 1987).

Maternal parenting style has greater influence on an individual, because up-to middle childhood mothers spend more than twice as much time alone with their children than do fathers (Russel & Russel, 1987). Paulson, Hill, and Holmbeck (1991) also found that children perceived greater closeness with their mothers than with their fathers. There is no universally best parenting style as culture, environment and individual personality characters are different for each person. Parents almost always aims for the wellbeing of their children, but children may not experience parenting in the same manner parents believe their children will experience it (Smetana, 1995). Children's perceptions may be more relevant to their well-being, thus, it is important to focus specifically on children's perceptions of parenting styles (Barnhart et al, 2013). Hence this study focuses on adolescent's perceived maternal parenting style and self esteem, so that parenting style causing low self esteem can be changed into a more adaptive one so that wellbeing of the children can be enhanced.

### OBJECTIVE

To study the relation between perceived maternal parenting style and self esteem among adolescents.

To understand whether there exist any difference between

adolescent males and females, in influence of perceived maternal parenting style on self esteem.

**METHOD**

**Participants**

This study constitutes total 87 participants who were willing to participate in the study, from different schools in Ernakulam and Thrissur. The group of adolescent school children constituted 45 girls and 42 boys. All are aged between 13 and 17yrs.

**Tools**

**Parental Authority Questionnaire (PAQ)**

Perceived parenting style was assessed with a modified version of John Buri's (1991) Parental Authority Questionnaire (PAQ). The original questionnaire was developed to measure Baumrinds (1971) Permissive, Authoritarian, Authoritative parental authority prototypes. For the purpose of present study, questions were condensed. Questions were based on a 5 point Likert scale that ranged from 1-strongly agree to 5-strongly disagree. Each participant was asked to respond to questions regarding their own mother. The questionnaire consists 30 items that include 10 permissive ( $\alpha = 0.82$ ), 10 authoritarian ( $\alpha = 0.87$ ) and 10 authoritative ( $\alpha = 0.92$ ).

**2) Rosenberg Self-esteem Scale. (RSE)**

RSE is used to assess self esteem. It was developed by Morris Rosenberg (1965). It used to measure global feelings of self-worth and was created for use with adult populations. It consists of 10 items that examines rate on a four-point Likert scale, from strongly agree (scored 3) to strongly disagree (scored 0). RSE has high internal reliability which is .92 and strong construct validity.

**Procedure**

The data was collected from 87 school students from different schools in Ernakulam and Thrissur districts. With the permission of Principals of the schools, children were personally approached .informed consent was collected from each children. Questionnaires were distributed, instructions read out and doubts clarified.

**STATISTICAL ANALYSIS**

Partial correlation was used to analyze the relation between maternal parenting styles and difficulties in emotional regulation in adolescents. Also male female differences using above variables were found out. All statistical analysis was carried out using SPSS ver.17.0 for windows.

**RESULT AND DISCUSSION**

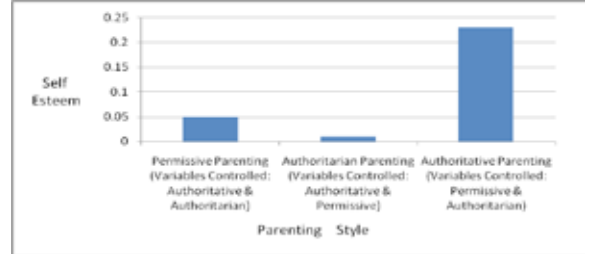
The current study analyses the relation between perceived maternal parenting styles and self esteem adolescents. Relation between each parenting style with self esteem was assessed using partial correlation (Table 1). Difference in males and females in effect of perceived maternal parenting on self esteem was also analyzed (Table 2).

Partial correlation of each parenting style and self esteem was analyzed by keeping the other two parenting styles as control variables. All the parenting styles are positively correlated with self esteem. With  $r = 0.01$  Authoritarian Parenting style is the least correlated with self esteem. Permissive parenting style has also got low correlation with Self esteem with  $r = 0.05$ . Both Perceived Maternal Authoritarian and Permissive parenting styles have no significant correlation with Self esteem.

**TABLE : 1 Partial Correlation between Perceived Maternal Parenting Styles and Self esteem**

Control Variable	Correlation	Mean	Standard Deviation	df	r
Authoritative & Authoritarian	Self esteem Permissive	19.09 27.44	4.04 5.64	86	.05
Permissive & Authoritative	Self esteem Authorita	19.09 32.25	4.04 6.11		.01
Authoritarian & Permissive	Self esteem Authoritative	19.09 38.83	4.08 6.38		.23*

\* $p < 0.05$



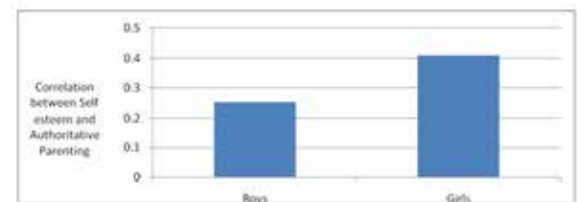
**Figure 1. Partial Correlation between Perceived Maternal Parenting Styles and Self esteem**

With  $r = 0.23$  Authoritative parenting style was found to have significant positive correlation with self esteem at 0.05 level. This means when Perceived Maternal Parenting style is Authoritative, the self esteem is higher in adolescents. The Canadian Council on Learning (2007) found that authoritative parenting style is linked to greater social competence and children of this parenting related to better self-esteem while Baumrind and Black (as cited in Cardinali & D'Allura, 2001) mentioned that adolescents who are treated authoritatively become more socially adjusted and independent compare to their peers. Maccoby and Martin did the similar study (as cited in Bornstein & Zlotnik, 2008) stated that youngsters who experienced authoritative parenting have higher social development and self-esteem than other parenting styles.

**TABLE 2: Correlation between Self Esteem and Authoritative Parenting style in Girls and Boys**

	Control Variable	Correlation	Mean	Standard Deviation	Df	R
Boys	Authoritarian & Permissive	Self esteem Authoritative	18.10 38.10	4.41 7.29	41	.25
	Authoritarian & Permissive	Self esteem Authoritative	20.02 39.51	3.45 5.38		

\*\* $p < 0.01$



**Figure 2. Correlation between Self Esteem and Authoritative Parenting style in Girls and Boys**

Partial correlation between Authoritative Parenting Style of mother and self esteem among adolescents were separately analyzed for girls and boys (Table- 2). It was found

that with  $r = 0.25$ , no significant correlation exists between Self esteem and Authoritative Parenting style among boys. But in case of girls there exist a significant positive correlation between Self esteem and Authoritative Parenting style. This means when girls perceive their mother's to be authoritative; they tend to have higher self esteem. Studies show that the best predictor of self esteem among girls is their interaction and relationship with their mothers. Positive aspects of interaction such as intimacy, acceptance and nurturance are related to self esteem (Lackovic-Grgin and Dekovic,1994).

## CONCLUSION

The current study aims at assessing the relation between perceived maternal parenting style and self esteem in adolescents. There exists a significant positive relation between perceived maternal Authoritative Parenting style and Self Esteem among adolescents. Girls were found to have a significantly higher self esteem when they perceived their mothers to be authoritative. This study can be further expanded including perceived parenting style of fathers as well as parenting style from the parent's point of view.

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