



ORIGINAL RESEARCH PAPER

Home Science

IMPACT OF PARENT'S DURATION OF SEPARATION ON SELF-ESTEEM OF THE SELECTED ADOLESCENTS OF LONG DISTANCE PARENTS

KEY WORDS: Self-esteem, adolescent, long distance parenting

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ABSTRACT

Self-esteem is considered an important indicator of the success with which one handles the developmental period of adolescence (Bulanda & Majumdar 2009). The self esteem is acquired primarily through contact with others. Most often we find little time to interact with such significant people especially parents due to demands of work, with parents leaving home very early and coming back late. Parental divorce is one such disruptive event (Krider, 2002) and children's self-esteem may be at risk following the divorce of their parents (Bynum & Durm, 1996). As we develop, parents play a significant role in their life as a whole. The present study focused on how adolescent's self-esteem is affected by the duration of separation from parents. The results of the study showed that a new job or business opportunity of the parent was the main reason for duration of separation of adolescents from their parents however the various dimensions of adolescent self-esteem and the level of self-esteem were similar irrespective of the duration of separation from parents.

INTRODUCTION:

In psychology, the term **self-esteem** is used to describe a person's overall sense of self-worth or personal value.

- Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring.
- Self-esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviors (Cherry, 2016).

In recent years, the effect of family relationship has been an important study of the society. Thus parents play a very important role in determining the self-esteem of children (Berg-Cross, Kidd and Carr, 1990).

However, the standards are not the same for every child as the parents does parenting being alone due to reason of one parent being away or due to employment or education, a great challenge indeed which have a major influence on an individual's self-esteem from the important people around, particularly parents, family members and peers. In fact, parental functioning has been shown to have a positive effect on self-esteem (Mandura and Murray, 2000).

OBJECTIVES:

- To find the reason for long distance parenting based on the gender of the selected adolescents.
- To find the impact of duration of separation from parents on self-esteem of the selected adolescents.
- To find out the association between the levels of self-esteem of the selected adolescents based on the duration of separation from their parents.

METHODOLOGY:

An Ex post facto research design was used for the study. Using purposive sampling technique 200 adolescents were selected for the study. Gender was the main variable and as per the variable 100 adolescent boys and 100 adolescents girls residing in Chennai were selected. Self-esteem was measured using Self-Esteem Inventory (Karunanidhi, 1996). Data was analyzed using 't' test and chi square test. The adolescents were in the age group of 13 to 20 years.

HYPOTHESES:

- There would be significant difference between duration of separation from parents and the self-esteem of adolescents.
- Significant association would exist between duration of separation from parents and level of self-esteem of adolescents.

RESULTS AND DISCUSSION:

Table 1
Reason for Long Distance Parenting as Per Gender (In Percent)

S.No.	Reason for Long Distance Parenting	Gender		Total
		Male	Female	
		N = 100	N = 100	N = 200
1.	A new job or business opportunity	59.00	39.00	49.00
2.	A current job transfer or promotion	10.00	12.00	11.00
3.	For education	29.00	45.00	37.00
4.	Divorce or Separation	01.00	03.00	02.00
5.	Father in prison	01.00	00.00	00.50
6.	Others	00.00	01.00	00.50

Reason for Long Distance Parenting as Per Gender:

Table 1 and figure 1 depicts the reason for long distance parenting as per gender.

In general majority (49 percent) of the selected adolescent's parents were staying away from their children because of a new job or business opportunity whereas 37 percent of the selected adolescent's parents were staying away due to education. About (11 percent) of the selected adolescent's parents were staying away due to a current job transfer or promotion and a negligible percentage (2 percent) parents seemed to be separated because of divorce.

Analysis as per gender showed that majority (59 percent) of the male adolescent's parents was staying away from their children because of a new job or business opportunity compared to 39 percent of the female adolescent's parent. About (45 percent) of the female adolescent's parent and 29 percent of the male adolescent's parent seemed to have been away for education.

It is clear from the table that majority of the selected male adolescents were staying away from their parents because of a new job or business opportunity of the parent and female adolescents were staying away from their parents because of education.

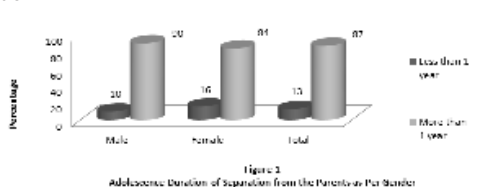


Table 2
Comparison of Self-Esteem of the Selected Adolescents based on Duration of Separation from Parents

S.No	Dimensions of Self-Esteem	Period of Separation	N	Mean	Standard Deviation	Standard Error Mean	't'
1.	Competency self-esteem	Below 1 year	26	45.27	6.155	1.207	0.779NS
		Above 1 year	174	46.20	5.575	0.423	
2.	Global Self-Esteem	Below 1 year	26	47.73	6.966	1.366	0.076NS
		Above 1 year	174	47.84	6.748	0.512	
3.	Moral Self-Esteem	Below 1 year	26	36.81	5.593	1.097	0.218NS
		Above 1 year	174	37.06	5.430	0.412	
4.	Social Esteem	Below 1 year	26	34.54	5.935	1.164	0.832NS
		Above 1 year	174	33.65	4.948	0.375	
5.	Family self-esteem	Below 1 year	26	34.73	6.435	1.262	0.128NS
		Above 1 year	174	34.89	5.601	0.425	
6.	Body and Physical Appearance Scale	Below 1 year	26	25.31	5.010	0.983	1.067NS
		Above 1 year	174	24.39	3.965	0.301	
7.	Total-self-esteem	Below 1 year	26	224.38	29.63117	5.81115	0.069NS
		Above 1 year	174	224.01	25.14191	1.90600	

NS – Not Significant

Comparison of Self-Esteem of the Selected Adolescents Based on Duration of Separation from Parents:

Table 2 shows the mean, standard deviation and 't' value to depict the self-esteem total and self-esteem dimensions such as competency self-esteem, global self-esteem, moral self-esteem, social esteem, family self-esteem, body and physical appearance self-esteem of the selected adolescents based on the duration of separation from parents.

Competency self-esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension competency self-esteem, indicating that the competency self-esteem which refers to “skills, talents and unique achievement of adolescents, etc” was found to be similar.

Global Self-Esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension global self-esteem, indicating that the global self-esteem such as “feeling and respecting self, appraisal of self, etc” was found to be similar.

Moral Self-Esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension moral self-esteem, indicating that the moral self-esteem such as “adhering to values like being honest, sincere and feeling good, etc” was found to be similar.

Social Esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension social esteem, indicating that the social esteem which refers to “social needs met and comfortable feel, etc” was found to be similar.

Family self-esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension family self-esteem, indicating that the family self-esteem such as “feelings about his/herself as member of his/her family, feel valued members, love and respect from parents and siblings, etc” was found to be similar.

Body and physical appearance self-esteem:

There existed no significant difference between male adolescents and female adolescents regarding the dimension body and physical appearance self-esteem, indicating that the body and physical appearance self-esteem such as “satisfaction with his/her body looks and performance, etc” was found to be similar.

Total-self-esteem:

There existed no significant difference between male adolescents and female adolescents regarding total-self-esteem, indicating that the total-self-esteem such as “worth and value, estimate and appreciate oneself, etc” was found to be similar.

It is evident from the table, that adolescent self-esteem regarding the dimensions competency self-esteem, global self-esteem, moral self-esteem, social esteem, family self-esteem, body and physical appearance self-esteem and total-self-esteem were similar irrespective of the duration of separation from parents.

Table 3
Association between Level of Self-Esteem of the Selected Adolescents and Duration of Separation from Parents

S.No.	Levels of Self-esteem	Duration of Separation		Total	Chi-Square Value
		Less than 1 Year	More than 1 Year		
		N = 26	N = 174		
1.	Low	35.00	25.00	26.00	2.100 NS
2.	Moderate	38.00	53.00	52.00	
3.	High	27.00	22.00	22.00	

NS – Not Significant

Association between Level of Self-Esteem of the Selected Adolescents and Duration of Separation from Parents:

Table 3 depicts the association between level of self-esteem of the selected adolescents and duration of separation from their parents.

The results showed that significant association was not found to exist between the level of self-esteem of the selected adolescents and duration of separation from their parents. It is also clear that majority of the adolescents have moderate level of self-esteem. However, the percentage was more when the duration of separation was more than 1 year. It is inferred that more the year of separation from parents, greater the percentage of adolescents seemed to have only moderate level of self-esteem.

CONCLUSION:

It is concluded that majority of the male adolescents was staying with their friends and relatives whereas female adolescents were staying with their mothers alone for more than 1 year because of a new job or business opportunity. Duration of separation of adolescents from their parents does not show difference in self-esteem and hence they had similar level of self-esteem. The results of the present study is in line with the studies conducted by various authors such as Hofmann and Zippco (1986) compared self-esteem scores from the Coopersmith Self-esteem Inventory (Coopersmith, 1984) from children of divorced and intact families. There was no significant difference in the scores. Gonzalez, Field, Lasko, Harding, Yando, and Bendell (1995) administered several scales measuring intimacy with parents and peers, self-esteem, depression, and risk-taking to 440 adolescents. Although there were slight differences in the variables, no significant differences were found in self-esteem.

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