

**THE IMPACT OF POSITIVE PARENTING ON THE SELF-ESTEEM OF ADOLESCENTS**Dr. Shaista Ali<sup>1</sup>, Dr. Shazia Durrani<sup>2</sup>, Dr. Zahin<sup>3</sup>, Dr. Hina Gul<sup>4</sup>**Original Article**

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**Abstract**

*The present study aimed to explore the different types of parenting styles used by parents nowadays and how it affects the self-esteem of adolescents. It also attempted to assess the relation of positive parenting with an adolescent's level of self-esteem. The sample of the study consisted of 200 adolescents (100 males & 100 females) with an age range between 16-18 years. Data was collected through questionnaire based instruments and demographic datasheet. Non-probability; convenient sampling technique was used to collect the data. Parental Authority Questionnaire developed by Dr. John.R.B (1991) was used to assess parental authority or disciplinary practices from the child's point view while Rifai's (1999) self-esteem scale was used to examine adolescent's level of self-esteem. Result of the current study revealed that an adolescent's level of self-esteem differs with respect to differences in Parenting styles used by parents. The findings further indicated that positive or authoritative parenting is associated with more desirable child behavior and better self-esteem as compared to the other two parenting styles. The results also showed a highly significant main effect of gender on adolescent's self-esteem and found significant differences between male and female adolescents on the level of self-esteem. The present study affirmed that parents are the role models for their children and exert a powerful control on child's personality and behavior. The study highlights that parent-child relationships are among the strongest predictors of an adolescent's level of self-esteem and parental supports, encouragement, praise, and physical affection, is positively associated with increased level of self-esteem in adolescents.*

**Keywords:** *Positive parenting, adolescents, self-esteem, Impact, Development*

**INTRODUCTION**

Parenting is the sum of those approaches and behavioral patterns which parents uses to care and groom their offspring's. It basically involves beliefs and values which parents carry, expectations they hold from their children, practices which they uses to help and support children as well as the methods which they uses to limit and control children. It also encompasses making wise choices in order to mentor, prepare and develop young generation into productive and responsible members of society (Gálvez-Nieto, Polanco-Levicán, & Navarro. 2021; Khan, Aqeel & Ramzaan, Muhammad., 2016). Parenting is not a part time or single activity rather it is a dedicated practice with an aim of wellbeing and perfect growth and development of children. Nowadays, complex and rapidly changing lifestyle of modern era imposes new demands and requirements, hencemaking present day parenting a challenging task (Szcześniak, et al., 2022; Hiromi, Hirata & Toshimitsu, Kamakura, 2018).

Positive Parenting has an enormous impact on how children develop into adults and is an important factor in determining their future life. It is also a significant in the developmental process of children and greatly influences their personally formation, level of self-esteem and social adjustment (Pérez-Fuentes, et al., 2019 & Darling, 1999). Researches confirmed that the parent's quality of parenting is more important than the quantity of time spent with the child (DeVore & Ginsburg, 2005). Parenting basically involves course of actions that aims to promote and support the physical, psychological and social development of children and it plays pivotal role in the up-bringing of children. It is the duty of the parents to properly rear their children to become responsible and productive members of society (Gould, & Martindale, 2009). Presently, researchers and educators are giving much attention to parental authority as the root cause of majority of the psychological problems and mental health issues in present generation. Usually parents employ diverse styles depending on the needs and requirements of the society in which they live (Banstola, Ogino, & Inoue, 2020). Some common parenting styles frequently used nowadays are Authoritative, Authoritarian and Permissive.

Researches (Hou, et al., 2020; Bornstein, & Zlotnik, 2008; Crocker & Park, 2004) on child development identified authoritative (which is also known as positive parenting) as one of the best approach to parenting. This type of parental authority is more child-centered in which parents holds expectations from their offspring but also provide them adequate guidance, help and support to succeed. Such parents places limit on their children activities, encourage them to discuss alternatives and govern fair and consistent discipline. A study conducted by Moksnes & Reidunsdatter, (2019); DeVore et al, (2005) revealed that authoritative parents are more nurturing and tolerant when children are unable to meet the expectation which leads to feeling of self-accomplishments, self-confidence and raised self-esteem in children. Furthermore such children are more happy, satisfied, socially responsible, emotionally stable, self-regulated as well as cooperative and independent.

On the other hand, Authoritarian parental authority is associated with extreme demanding and control. Pazzaglia et al., (2020). Hoeve, et al., (2009) found that authoritarian parents always tried to limit, control and shape the aptitude and behavior of children according to their prescribed and set principles. The children are usually given little or no choices, are supposed to follow the parents orders unquestionably and never listen to children. Gfroerer et al., (2004) reported that due to their punitive and forceful approach, authoritarian parenting results in more negative out comes in children and adolescents such as low self-esteem, increased nervousness, low success rate, withdrawn behavior as well as poor social skills and are greatly to inclined towards antisocial activities.

Similarly, Permissive parents usually have very few demands from their children, rarely discipline them and avoid giving responsibilities to children. They give children open freedom to regulate their behavior without monitoring them or setting limits (Marsiglia et al, 2007). Literature revealed that permissive parents generally act as a resource for children but never react as an active agent to control or shape their behavior. Furthermore they are too lenient, forbearing and inconsistent in providing feedback which causes children to get confused about what is right and what is wrong. A study conducted by DeHart, Pelham & Tennen, (2006) pointed out that children raised without limitations require help in self –managing, have difficulties in maintaining relationships and perform poorly in academics. As such children are not introduced with the flavor of “No” therefore they become rebellious and disobedient when their desires are no fulfilled.

Similarly, neglectful parenting style is considered to be the worse type as such parents are usually undemanding, detached and emotionally unsupportive. Due to their busy life schedule or other responsibilities neglectful parents do not pay attention to children emotions and opinions (Milevsky, Schlechter, & Keehn, 2007). As far as the personality traits of neglectful children is concerned, It was stated that such children usually have lowered self-esteem, lack of self-

competence, decreased self-control, mental health issues as well as greater tendency towards antisocial activities (Steinberg & Dornbusch, 1991).

### **Parenting and Self-Esteem in Adolescence**

Previous research (Weiten, Lloyd, Dunn, & Hammer, 2008) indicates that foundation of self-esteem is laid in the early years of life so the role of effective parenting is crucial in the life of children. Literature (Perez-Gramaje, et al., 2020; Pazzaglia et al., 2020) mentioned rich evidence that parental responsiveness, concerns, support and exposure to explicit limits have a great influence on the children's level of self-esteem. Between 9 to 13 years of age, the young person started leaving childhood and enters into adolescence and hence left the age of dominion and entered into age of self-will and consent. Hence the role of efficient parenting is crucial and parents either intentionally or unintentionally influenced adolescent behavior and self-esteem. (Zahra, Rita, & Parisa, 2016). Various studies (Pazzaglia, et al. (2020); Kaufmann, et al, 2000; Lee, & Kissinger, 2006; Milevsky, Schlechter, & Keehn, 2007), agreed that certain parental approaches have been found to influence the level of self-esteem of adolescents and positive parenting, parental love, care and support is positively associated with adolescent self-esteem.

### **Rationale**

Adolescence is a crucial period of life and at this stage of life, parent-child relationships and positive parenting are consistently among the strongest predictors of adolescent's level of self-Esteem in youth. Research showed that diverse parenting styles have relationship to self-esteem in an unexpected way, either emphatically or adversely. In any case, much research was just done in Western nations and it is as yet a myth for Asian populace and more specifically for Pakistani population with respect to the disliked insights between child rearing styles and self- esteem of adolescents.

It is observed that nowadays, a great deal of research has concentrated on the influence of parenting authority on the personality formation of young children and very little attention is given to its upshots on adolescents. Furthermore, existing studies on adolescence, were carried out in western countries and in Pakistan very limited studies focused the common parental practices used by our traditional Pakistani families.. Hence due to paucity of studies in this area as well as recognizing the importance of this research area, the present study aimed to explore the different types of parenting styles prevailing in our traditional families of Peshawar district. It examined the possible influence of positive parenting on global and specific domains of adolescent's self-esteem and also attempted to assess the relations between parenting styles (authoritarian, permissive and authoritative), and an adolescent's level of self-esteem. The main question of the study was which one of the parenting styles predicts the self-esteem and whether the parenting styles applied in the raising of boys will differ from that used in the raising of girls.

### **METHADODOLOGY**

#### **Sample**

The sample for the current research consisted of the total of 200 adolescents (100 males & 100 females) with in age group ranged between 16-18 years. The target area was different universities of Peshawar which includes Peshawar University, Agriculture University, Engineering University and Medical University. Regular school/college going students with no mental and physical disability and with nearly same socio-economic background were included in the study. Furthermore study includes only those adolescents who were living with either single or both of their biological parents. Adoptive children and children living with grand-parents or step-parents were excluded from the study, with a specific end goal to gather information and answer examine inquiries of this study, survey technique will be utilized as a part of this investigation. The most widely

recognized type of non-probability; convenient sampling has been used which engross choosing participants mainly on the basis of their accessibility and willingness to respond (Pavot, & Diener, 1993).

### **Instruments**

Data was collected through questionnaire based instruments and demographic datasheet. the details of which is as following

#### **1) Parental Authority Questionnaire (PAQ)**

Parental Authority Questionnaire developed by Dr. John R. Buri in the year 1991 was used to assess parental authority or disciplinary practices from the child's point view (Buri, 1991). PAQ is a 30-item test designed to reflect the three basic parenting styles: authoritarian, permissive, and authoritative. The author reports very good two-week test-retest reliabilities that range from .77 to .92, and internal consistency with alphas that range from .74 to .87 for the subscales. The construct validity was tested by self-esteem. Self-esteem correlated inversely with authoritarianism and positively with authoritative, and was unaffected by permissiveness (Buri, 1991).

#### **2) Self-esteem Scale**

Rifai's [1999] self-esteem scale is a 29 items, indigenous measure of self esteem which offers assessment of self esteem along with four dimensions such as self-acceptance (11 items), self competence [6 items], Social and physical self- acceptance [7items], academic self-competence [5items]. At the end of each statement five response options are provided Reverse scoring is used for negatively phrased items.. Full score of self-esteem scale ranges from 0 to 116. High scores reflect high level of self-esteem and low scores indicate low level of self-esteem. All the subscales have shown high internal consistency as indicated by the coefficient alpha reliability of these scales with an average of .75. This scale was validated against Rosenberg self-esteem scale and was found to have an extensive validity among all other measures

#### **4). Demographic Datasheet**

A demographic datasheet was constructed in order to get the demographic information of the respondents. It consists of questions pertaining to participants' gender, age, grade, place of birth, language, family system, and their parents level of education

### **RESULTS**

The study attempted to explore the different parenting styles used by the respondents' parents. Result revealed that majority i.e. 44% of the parents were using Authoritative authority, while 29% of the parents were practicing permissive parenting. Similarly 27% of the respondents' parents were Authoritarian. The respondents score on self-esteem scale further demonstrates their level of self esteem. Finding shows that 24% of the respondents had low level of self esteem while 34% of the respondents had medium level of self esteem. Results further revealed that most of the respondents i.e. 42% had a high level of self esteem.

**Table 1. Cross Tabulation of Level of Self-Esteem and Parental Authority**

Self-Esteem Rank	Parental Authority			Total
	Authoritarian f(%)	Authoritative f(%)	Permissive f(%)	
Low	31 (63)	9 (18)	9 (18)	49 (25%)
Mid	16 (24)	29 (43)	22 (33)	67 (33%)
High	6 (7)	51(61)	28 (33)	84 (42%)
Total	53 (26.5)	88 (44)	59 (29.5)	200 (100%)

Table no 1 show cross tabulation between parental authority and level of self esteem. Results shows that 42% of respondent had high level of self esteem and among that total majority 61% of the respondents had Authoritative parenting at home. Similarly 25% had lower level of self esteem and majority of respondent who had low level of self esteem had Authoritarian parenting.

**Table 2. Cross Tabulation of Level of Self-Esteem and Gender**

Level of Self –Esteem	Gender M/F		Total
	F	M	
Low	35	14	49
Mid	43	24	67
High	22	62	84
Total	100	100	200

Table no 2 shows cross tabulation between level of self-esteem and gender of respondents. Findings revealed that majority of males had higher levels of self-esteem while majority of the female students had lower levels of self-esteem.

### Regression Analysis

A multiple linear regression test was calculated to predict the impact of the three different styles of parental authority on the calculated self-esteem level of the sample. A significant regression equation was found ( $F(3, 16) = 68.157, p < .0001$ ), and an  $R^2 = .927$ .

**Table 3. Regression Analysis of Parental Authority for Self Esteem (N = 200)**

Model	Unstandardized B	Standard Error	Standardized $\beta$	t	P
(Constant)	39.656	2.015		19.680	.000
Authoritative Style	1.631	.344	.791	4.733	.000
Authoritarian Style	-.102	2.074	-.036	-.049	.000
Permissive Style	-.443	1.918	-.154	-.231	.000

$R^2 = .927$ ; Adjusted  $R^2 = .914$ .  $F(3, 16) = 68.157, p < .0001$

The results demonstrate a strong positive correlation ( $r = .963$ ) between parenting styles and levels of self-esteem. The studied three parenting styles caused 92.7% increase in the self-esteem levels of

the sample. The results also indicated that both the two extremes of parenting styles viz. authoritative and permissive styles negatively predicted the self-esteem level of the sampled subjects ( $\beta = -.036$  ( $p < .0001$ ), and  $-.231$  ( $p < .0001$ ), respectively)

The authoritative parenting style on the other hand was the most significantly strong positive predictor of the self-esteem levels of the respondents ( $\beta = .791$ ).

## DISCUSSION

Parenting style is the process of mutual give and take in which not only parents influence their children but children influence their parents as well (Sclafani, 2004; Szkody, Steele, & McKinney, 2020). Although the extent of pressure may vary, however Home environment, parents attitude, behavior, level of interaction and other similar factors have a marked impact on the personality formation, cognitive development, self-esteem and socialization of children (Fahimeh, & Hassan, 2013; Pazzaglia, et al., 2020).

Keeping in view the significance of effective parenting, the present study attempted to look at the commonly prevalent parenting styles adopted by parents nowadays. The study not only explored the level of self-esteem of the sampled children but also delved into the impacts the parenting styles had on the self-esteem levels of their offspring. In order to achieve the objectives of the study and test the research hypotheses, a sample of 200 adolescents (both boys and girls) of age 16-19 years were selected from different colleges/universities of Peshawar. Results of the study showed a remarkable relationship between parenting styles and adolescents' level of self-esteem. Analyses of the demographic information also revealed noteworthy relationship between different demographic traits and parenting styles as well as with adolescents' level of self-esteem.

With respect to demographic data, results show that 50% respondent were male and 50% respondent were female while the majority of the respondent were of age 19 and 28% of the respondents were 18 years of age. As far as Socio economic status of the respondents is concerned, majority of the respondents belongs to middle class. 15% of the respondents belong to upper class, of whom 41% lived in rural area and 59% lived in urban area.

Research on positive parenting indicates that being a first socialization agency, parents played a great role in satisfying the physical and psychosocial needs of children and enhancing their level of self-esteem (Wang, Zhang, & Wang, 2018); Sternberfeg, 2009). So recognizing the importance of good parenting, the present study attempted to identify the significance of positive parenting in adolescent's life and explored the common types of parenting styles used by present day parents. Result of the present study revealed that with respect to parenting styles used by the parents of the respondents, it was found that nowadays, majority of the parents were using authoritative parental authority, 30% of the parents were practicing permissive parenting while 26% of the respondents parents were authoritarian.

These findings are in agreement with previous researches which confirmed these results by stating that at present time authoritative parenting is commonly preferred by most of the parents as this style is a blend of parental warmth and responsiveness along with parental demands (Darling, 1999; Awong, Grusec & Sorenson, 2008; Fulton & Turner, 2008; Baharudin & Kordi, 2010; Farzand, Çerkez, & Çavuşoğlu, 2017).

Studies on adolescent's self-esteem demonstrated that an adolescent level of self-esteem varies according to external dimensions such as gender, age, physical traits as well as Parenting styles (Smetana, 2017; Muntean, 2006). In similar context, the current research focused one of those variables and hypothesized that an adolescent's level of self-esteem differs with respect to variation in parenting styles used by parents and the analyses of present data clearly confirmed this hypotheses. Results showed that about 42% of respondent had a higher level of self esteem and

among these respondents, majority of the respondents had Authoritative parenting at home. Similarly, 25% had lower level of self esteem and majority of respondent who had low level of self esteem had Authoritarian parenting. Hence the present study evidently revealed that authoritative parenting is linked with more desirable child behavior and higher self-esteem in contrast to authoritarian parenting which is found to have a considerable negative association with the self-esteem of adolescents.

In similar context, as per IPAR and family systems theory, any undesirable parental practices, which may result in either parental over concern/protection or parental rejection can severely damage a child's self-esteem, leading to negative or self-esteem and hence results in low mental health ( Raboteg-Saric and Sakic, 2014; Rohner and Lansford, 2017; Perez-Gramaje et al., 2020). On the other hand, a positive parental control such as parental responsiveness and warmth has proved to associated with positive child outcomes and high level of self-esteem in offspring. (Robertson and Simons, 1989; Qian and Xiao, 1998; Rohner et al., 2005; Bowen and Kerr, 2009; Perez-Gramaje et al., 2020; Szkody et al., 2020).

One other study (Deshpande & Chhabriya, 2013) focusing teenagers and adolescents. It was asserted that one reason of negative parenting nowadays is generation gap between parents and their adolescent children. Parents are unable to understand their viewpoint resulting in a conflict between them. The finding highlighted that adolescents who perceive warmth and acceptance attitude in their parents are more likely to have higher self-esteem as compared to those who perceive rigid, demanding and averting attitude in their parents (Szcześniak, et al., 2022).

Review of the previous researches on adolescent's self-esteem further revealed that irrespective of parental authority, gender is also an important factor in determining level of self-esteem in adolescence (Szkody, Steele, & McKinney, 2020); Sclafani,2004: Furnham, & Cheng, 2000). In this context, the present study hypothesized that there would be notable gender differences among adolescents on the level of self-esteem. Current results confirmed this hypothesis by identifying a considerable main effect for gender in relation self-esteem of adolescent with respect to parenting styles. Findings clearly showed that boys have significantly have higher self-esteem as compared to girls. The reason may be that traditionally males have a stereotype dominant and confident roles while females are expected to be submissive and dependent, consequently it is not surprising that boys have better self-esteem than girls. These finding are also supported by Khan & Ramzan (2016), who states that girls typically have poorer motivational and greater dependency level which results in lowered self-esteem. On the contrary, boys are, more independent, aggressive, rebellious and self-regulative, which leads to raised self-esteem. One other study of similar context (Szkody, Steele, & McKinney, 2020) also revealed that boys usually come across to various situations that encourage self-confidence, power, competition, conflict and enthusiasm where as girls mostly come across to situations of intimacy, self-exploration, support and self-revelation.

## CONCLUSION

Detailed analyses of the possible impact of various parenting styles on the self-esteem of adolescents reveals that parental authority is a strong predictor of adolescent self-esteem and parents as primary care givers plays a strong role in increasing or decreasing its level. It was concluded from these findings that parental guidance, help and support has a significant positive relation with adolescents level of self-esteem. The present research further confirmed gender differences in the level of esteem and found that boys tends to have better self-esteem than girls. The study affirmed that young kids are just like sponges that absorb everything happening around them and integrate into their lives as youth. While dealing with children the parents should act in a finest possible way and should efficiently utilizes the available resources for the well-being of their children. It is concluded that parents should maintain an encouraging and supportive relationship with their children in order to transform them into healthy, mature and responsible human beings

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