



**MSB-INTERNATIONAL JOURNAL OF  
INTERDISCIPLINARY RESEARCH**

Associating Researchers; Nourishing Innovation

Peer Reviewed

Vol. 2, Issue 3, March 2024-July 2024

380-387, MSB-IJIR

**Relationship between Perceived Parenting and Self Esteem Among Young Adults**

**Ananya Singh, Bachelors of Arts in Applied Psychology**

**Dr. Neerja Pandey, Assistant Professor**

Amity Institute of Behavioural & Allied Sciences

Uttar Pradesh Lucknow Campus

Amity University

**Abstract**

*This research paper explores the convoluted relationship between perceived parenting and self-esteem among young adults. Self-esteem plays a significant aspect in an individual's overall development and their reactions to the stimulus's present in there surrounding. Understanding the elements that influence self-esteem in young adults, based on a thorough examination of the current literature factors that shape self-esteem. It covers all the various dimensions of parenting style which may include support, parental warmth, involvement etc. And their potential effect on self-esteems formation of adults in young age. This review of literature delves deeper into the research which has taken place over the years providing significant findings and associations between the perception and self-esteem among young adults. This research provides comprehensive understanding of the complex interplay between perceived parenting styles and self-esteem.*

**Keywords:** *Parenting and Self Esteem, Relationship, Young Adults*

## Introduction

The topic explains a very major role of parenting and how impactful it is on their adolescents, in a way of psychological outcomes such as wellbeing, being aware about self, feeling satisfied with life. A positive parenting style tends to increase self-esteem and well-being in young adults. There are a lot of outcomes of parenting for example negative parenting may result in development of aggression or low self-esteem among young adults. Furthermore, self-esteem plays a major role in young adults' life as it acts as mediator middle man between parenting and learning. Self-esteem is directly related to a lot of things like high level self-esteem can increase academic performance; it leads to development of high level of self-confidence. (Spera Christopher, 2005)

The authoritarian, permissive and neglectful parenting style may affect the young adult's self-esteem negatively. The authoritative parenting only shows the positive association with self-esteem as children feel warmth from their parents. They are prepared to guide their children in a positive direction (Aremu Tolulope, 2019) Authoritarian have high expectation and requirements but have low responsiveness to their children. They tend to criticize their children's life decision and morals without questioning them. This kind leads to decrease in people's confidence (Aremu tolulope,2019). On the other hand a parent who do permissive parenting are less on expectation and high on affection, this affects the child in a way that they become self-centred and it becomes difficult for them to make friends (Aremu tolulope,2019) Authoritarian parenting style may affect the school performance of the young adults ( spera chrisopher. 2005), this kind of parenting is high in control and low in affection, the parents are eager to control their children life but fail to contribute to it.

Self-esteem is a measure of one's value as an individual. Various degrees of self-worth can influence how children develop particularly in terms of personality. Adolescent development is typically enhanced by high self-esteem since it increases self-worth and confidence. It also showed that it has a favourable impact on mental health (Moksnes Karin,2019)

Psychological wellbeing plays a important role in children's development. Young adults who have are optimistic life and high self-esteem can be related to positive psychological adjustments and in contrast adolescents low on self-esteem may have depression, high anxiety levels and might be suicidal. (Sashimi Farnarz, Heaven Patrick, Cirrochi Josepho, 2013) all of these traits regarding self-esteem are directly related to parenting style. According to few researches, a negative association is formed among self-esteem and authoritarian parenting style as compared to authoritative style and permissive parenting style (Sashimi Farnarz, Heaven Patrick, Cirrochi Josepho, 2013). They also stated that any kind of affection increases self-esteem so in authoritative parents offer affection and rules, this kind if young adults are at a low risk of getting involved in any situational problem.

Life satisfaction is the totality of a person's goal and actual achievements, it has a big impact on young adults as well (Pérez-Fuente et al.) experiencing more positive aspects of society and feeling happier are linked to having a high degree of satisfaction. Life happiness is positively correlated with parenting

that emphasizes effect and communication, better self-disclosure in relationships, poor psychological control and a strong sense of humour (Pérez-Fuentes María, Molero Jurado, Gázquez Linares, 2019)

## **Self Esteem**

The term "self-esteem" refers to an experience that most people have during their lifetime of development. Adolescence is a time when there are a lot of rapid changes that impact one's self-esteem, which causes one to change roles and embark on new adventures entirety of a person's beliefs, feelings, and thoughts about themselves are referred to as their self-esteem. (block and Robinson, 1993)

These concepts and experiences aid in the clarification of an individual's social and personal levels, much as the apparatus enables organisms to engage in self-conscious thought (leary and Tangney)

The term self-esteem can be defined as the problem that when way feel or see our own self , which leads to influence behaviour , affects our attitudes and forwards our motivation (Dedmond, laqunda,2009, 2011)

## **Methodology**

The aim to present this dissertation is the study the effects of parenting on self-esteem of young adults. Null Hypothesis (H01): There is no significant relationship between perceived authoritative parenting style and self-esteem. Alternative Hypothesis (H1A): Higher scores on the Authoritative domain of the Perceived Parenting Styles Scale are positively associated with higher levels of self-esteem. The Independent variable is perceived parenting and dependent variable is self esteem

The data was collected using the Perceived parenting scale by Dr. Manika Nandan and ROSENBERG self-esteem scale. The age range for sample selection was from the group of ages between 18-25(both males and females). 80 respondents were randomly selected the age between 18-25 years and were presented with the scale. They were asked to read the instructions given at the beginning carefully and answers the questions accordingly. Then they were inquired if they face any kind of difficulty all the questionnaires were collected. When the first questionnaire was completed, the same individuals were asked to fill the ROSENBERG SELF ESTEEM SCALE. The instructions were repeated and after the filling of the scale the questionnaires were collected back and all the subject were thanked for giving their precious time. The research design is exploratory research, the methodological approach of exploratory research is to explore that research – related questions which have not been studies in depth. The sampling technique was purposive including the sample size of 80 young adults through random sampling which consisted of 40 male and 40 females.

The data collected for this study was executed over the internet i.e. Google forms.

According to which the responses recorded may not be accurate, which cannot be determined for the whole population.

## Result And Analysis

**TABLE: 1** Displays the Mean and Standard Deviation (SD) of Rosenberg's Self Rating Scale (RSS) and the three Domains of Perceived Parenting Styles Scale:

	Mean	Std. Deviation	N
RSS	19.5119	3.88539	84
AUTHORITATIVE	38.0238	6.86352	84
AUTHORITARIAN	26.5714	8.77604	84
PERMISSIVE	26.4048	8.17596	84

This table presents the descriptive statistics for Rosenberg's Self Rating Scale (RSS) and the three domains of the Perceived Parenting Styles Scale. Here's what each column represents:

**Mean:** This column shows the average score for each scale or domain. For example, the mean score for RSS is 19.5119, for the Authoritative domain it is 38.0238, for Authoritarian it is 26.5714, and for Permissive it is 26.4048.

**Std. Deviation (SD):** This column indicates the variability or spread of scores around the mean. A higher standard deviation suggests greater variability in scores within that scale or domain. For instance, RSS has a standard deviation of 3.88539, Authoritative has 6.86352, Authoritarian has 8.77604, and Permissive has 8.17596.

**N:** This column shows the sample size or the number of participants whose scores were used to calculate the mean and standard deviation for each scale or domain. In this case, the sample size for all scales and domains is 84.

This table shows the correlation coefficient between the Authoritative domain of the Perceived Parenting Styles Scale and Rosenberg's Self Rating Scale (RSS). The correlation coefficient of 0.294 indicates a

positive, moderate correlation between RSS and the Authoritative domain of the Perceived Parenting Styles Scale. The significance

**Table: 2** Displays the Correlation Coefficient between the Authoritative domains of Perceived Parenting Styles Scale and Rosenberg’s Self Rating Scale (RSS):

**Correlations**

		RSS	AUTHORITATIVE
RSS	Pearson Correlation	1	.294**
	N	84	84
AUTHORITATIVE	Pearson Correlation	.294**	1
	N	84	84

\*\* . Correlation is significant at the 0.01 level (2-tailed).

level of 0.01 (2-tailed) suggests that this correlation is statistically significant, meaning that it is unlikely to have occurred by chance alone.

In simpler terms, the table shows that there is a meaningful and reliable relationship between higher scores on the Authoritative domain of parenting style perception and higher scores on Rosenberg’s Self Rating Scale, indicating a positive association between perceived authoritative parenting and self-esteem.

**Table: 3** Displays the Correlation Coefficient between Authorisation domain of Perceived Parenting Styles Scale and Rosenberg’s Self Rating Scale (RSS):

**Correlations**

		RSS	AUTHORITATION
RSS	Pearson Correlation	1	-.173
	N	84	84
AUTHORITATION	Pearson Correlation	-.173	1
	N	84	84

This table presents the correlation coefficient between the Authorisation domain of the Perceived Parenting Styles Scale and Rosenberg’s Self Rating Scale (RSS).

The correlation coefficient of -0.173 indicates a weak negative correlation between RSS and the Authorization domain of the Perceived Parenting Styles Scale. However, since the significance level is 0.115, which is higher than the typical threshold of 0.05 for statistical significance, this correlation is not considered statistically significant in this context.

In simpler terms, the table suggests that there is a slight tendency for lower scores on the Authorization domain of parenting style perception to be associated with higher scores on Rosenberg’s Self Rating Scale, but this relationship is not strong enough to be confidently attributed to a true underlying association rather than random chance.

**Table: 4** Displays the Correlation Coefficient between Permissive domains of Perceived Parenting Styles Scale and Rosenberg’s Self Rating Scale (RSS):

**Correlations**

		RSS	PERMISSIV E
RSS	Pearson Correlation	1	-.167
	N	84	84
PERMISSIV E	Pearson Correlation	-.167	1
	N	84	84

This table shows the correlation coefficient between the Permissive domain of the Perceived Parenting Styles Scale and Rosenberg’s Self Rating Scale (RSS).

The correlation coefficient of -0.167 indicates a weak negative correlation between RSS and the Permissive domain of the Perceived Parenting Styles Scale. This means that there's a slight tendency for lower scores on the Permissive domain (indicating a less permissive parenting style perception) to be associated with higher scores on Rosenberg’s Self Rating Scale (indicating higher self-esteem), but the relationship is not strong.

In summary, the table suggests a modest negative association between perceived permissive parenting styles and self-esteem, but this correlation is not substantial enough to draw firm conclusions without considering other factors or conducting further analysis.

**Overview**

The correlation analysis revealed interesting insights into the relationship between perceived parenting styles and self-esteem. Firstly, the correlation coefficient of 0.294 between the Authoritative domain of parenting style and RSS indicates a positive, moderate correlation. This finding suggests that

individuals, who perceive their parents as authoritative, characterized by warmth, responsiveness, and clear expectations, tend to have higher levels of self-esteem. This result aligns with previous research highlighting the positive impact of authoritative parenting on various aspects of psychological well-being (Darling & Steinberg, 1993; Steinberg et al., 1994).

On the other hand, the correlation coefficient of -0.173 between the Authoritarian domain of parenting style and RSS indicates a weak negative correlation. This implies that individuals who perceive their parents as authoritarian, emphasizing strict rules and control without much warmth or responsiveness, may have slightly lower levels of self-esteem. However, it's essential to note that this correlation was not statistically significant at the conventional 0.05 level, suggesting that this relationship may not be robust and could be influenced by other factors.

Similarly, the correlation coefficient of -0.167 between the Permissive domain of parenting style and RSS suggests a weak negative correlation. This indicates that individuals who perceive their parents as permissive, being lenient and indulgent without setting clear boundaries, might also show a slight tendency towards lower self-esteem. Again, like the Authoritarian domain, this correlation was not statistically significant, emphasizing the need for caution in interpreting this relationship.

In conclusion, while there appears to be a meaningful association between perceived authoritative parenting and higher self-esteem, the relationships with authoritarian and permissive parenting styles are less clear and require further investigation. Future research could explore additional factors such as cultural influences, family dynamics, and individual personality traits to better understand the complex interplay between parenting styles and self-esteem.

## References

Baumrind, D., 1991. The influence of parenting style on adolescent competence and substance use. *Journal of Early Adolescence*, 11: 56-95

Pellerin, L.A., 2005. Applying Baumrinds parenting typology to high schools: toward a middle-range theory of authoritative socialization. *Social Science Research*, 34: 283-303.

Aremu TA, John-Akinola YO, Desmennu AT. Relationship Between Parenting Styles and Adolescents' Self-Esteem. *Int Q Community Health Educ*. 2019 Jan;39(2):91-99. doi: 10.1177/0272684X18811023. E pub 2018 Nov 14. PMID: 30426845.

Chen WW, Yuan H, Yang X, Lai SK. Parenting, self-concept, and attitudes about romantic relationships. *J Adolescent*. 2020 Jul; 82:41-49. doi: 10.1016/j.adolescence.2020.06.003. E pub 2020 Jun 24. PMID: 32593052.

Whittington DD, Turner LA. Parental Psychological Control and Self-Efficacy as Predictors of Romantic Relationship Power Dynamics. *J Interpers Violence*. 2023 Feb;38(3-4):4486-4506. doi: 10.1177/08862605221117158. Epub 2022 Aug 3. PMID: 35924322.

Martínez I, García JF. Internalization of values and self-esteem among Brazilian teenagers from authoritative, indulgent, authoritarian, and neglectful homes. *Adolescence*. 2008 Spring;43(169):13-29. PMID: 18447078.