



A CORRELATED STUDY OF PARENTING STYLES, SELF ESTEEM AND RESILIENCE ON ADOLESCENTS

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ABSTRACT

In the present study a pioneer attempt has been made to study the Correlation between Parenting styles, self-esteem, and resilience among adolescents. Parents have a major role in shaping an individual's personality and way of living. Adolescents is major period where an individual faces major life crises regarding their personality, life, and career. So, the way they have been brought up play a major part in their adolescence period and influences their future life. The basic aim of this study was to identify correlation between Parenting style effect on adolescent's self-esteem and resilience. Sample: - In the research work, purposive sampling was used for selection of individuals from the whole population. The following tools were used to measure different variables: -The Connor- Davidson Resilience Scale (CD-RISC), Perceived Parenting Style Scale, Rosenberg's Self Esteem Scale. Correlational Research Design has been adopted to attain the target of the study. The findings can be summarised as under: -

- There is a weak positive correlation between parenting styles and self-esteem.
- There is a negative correlation between parenting styles and resilience.

Keywords: Perceived parenting style, resilience, self-esteem, Adolescents,

INTRODUCTION

From empowering schoolwork and sports to demonstrating values as a child develops (keep in mind, they do as you are, doing not as you say!) guardians apply colossal impact over their children's lives. They are, in any case, not the as it were on-the-ground influencers—especially after children enter school and start collaboration with the world at large.

Parenting, in a nutshell, is the act of caring for a child and taking on the part of being a parent. This may come in numerous diverse shapes, and parcels of parents have them possess key fashion. The most duty that guardians confront is assembly the wants of their child from the time they are born, into adulthood. It can see distinctive for distinctive people and frequently depends on the in general family energetic. Due to this, the part can be drawn closer in different ways that best suit the parent in address.

Parenting style is defined as a constellation of parents' attitudes and behaviours toward children and an emotional climate in which the parents' behaviours are expressed. They classified parenting into four types based on responsiveness and demandingness. Authoritative parenting, Authoritarian parenting, Permissive parenting, and Uninvolved parenting.

Types of Child rearing styles: -

There are 4 types of parenting styles: -

- **Authoritative Parenting:** - These parents are demanding but also responsive. This sort of parent regularly creates a near, sustaining relationship with their children. They have clear rules for their desires and clarify their reasons related with disciplinary activities.
- **Authoritarian Parenting:** - These parents are demanding but not responsive. Parents of this fashion tend to have a one-way mode of communication where the parent establishes strict rules that the child complies. There's small to no room for transactions from the child, and the rules are not ordinarily clarified.

- Permissive Parenting: - These parents are responsive but not demanding. Permissive guardians tend to be warm, supporting and often have negligible or no desires. They force constrained rules on their children. Communication remains open, but guardians permit their children to figure things out for themselves.
- Neglectful Parenting: - These parents are neither demanding nor responsive. Children are given a parcel of flexibility as this sort of parent regularly remains out of the way. They satisfy the child's fundamental needs whereas by and large remaining withdrawn from their child's life.

SELF ESTEEM: -

Self-esteem is the encounter of being competent to manage with the essential challenges of life and of being commendable of joy. Self-esteem is the one vital figure required by anyone to succeed in life. It is said that in case a person builds their self-esteem at their youthful period it keeps going all through their life. Self-esteem is all almost how much individuals esteem them, the pride they feel in themselves, and how beneficial they feel. It is critical since feeling great around yourself can influence how you act. An individual who has tall self-esteem will companions effectively, is more in control of his or her conduct, and will appreciate life more.

Self-esteem could be a mental concept that alludes to an individual's generally assessment of their selfworth, self-acceptance, and self-respect. It includes the convictions and sentiments one holds almost their capacities, appearance, and esteem as an individual. All through history, numerous popular analysts have contributed to our understanding of self-esteem. Here are a few definitions from a few of these famous psychologists.

Adolescence is one period in which boys and young ladies confront numerous issues and issues. It is essential that juvenile self-esteem is at the beat to confront the issues confronted with a juvenile period. Numerous youngsters will have negative self-esteem and it is basic to know major reasons for negative self-esteem and discover out ways and implies to combat the negative self-esteem. It is profoundly fitting to create committed endeavours to bring up self-esteem.

RESILIENCE: -

Resilience alludes to the capacity of people to adjust, bounce back, and recoup from troublesome or challenging circumstances, mishaps, or misfortunes. It is the capacity to preserve a steady and positive mental state within the confront of push, injury, or noteworthy life changes. Strength does not cruel that an individual is safe to push or hardship, but or maybe, it demonstrates their capacity to viably adapt with and explore through such difficulties.

Resilience refers to the ability to cope with a crisis mentally and emotionally or to return to the state before the crisis. It plays an imperative part in mental wellbeing and well-being. It can offer assistance people not as it were survived. Troublesome circumstances but moreover flourish and develop within the confront of difficulty. Moreover, flexible people may encounter made strides physical wellbeing, way better enthusiastic control, and improved generally life fulfilment. Subsequently, advancing strength is fundamental in building and keeping up a sound and versatile reaction to life's challenges.

Parenting styles significantly impact both self-esteem and resilience in adolescents. An authoritative parenting style, characterized by warmth, clear expectations, and open communication, fosters the growth of healthy self-esteem. On the other hand, an authoritarian parenting style, marked by strictness and limited autonomy, might hinder the development of both self-esteem and resilience. While it can create compliant behavior, it might also lead to feelings of inadequacy and suppressed individuality. More importantly, teens' parenting practices have the potential to affect their self-esteem and resilience. Permissive parenting has been shown to improve relationships of self-esteem and resilience by providing a foundation for young people to be confident, capable, and creative. Recognizing this difficult conversation can guide parents, caregivers, and educators in creating an environment that supports the development of these important traits during the formative years of life.

METHODOLOGY: -

Objectives of the study

The present research study is conducted with the objective are: -

- 1.To study the relationship of various parenting styles with self-esteem within adolescents.
- 2.To study the relationship of various parenting styles with resilience within adolescents.

Hypothesis of the study

Hypothesis 1: There will be a significant relationship in between parenting styles with self-esteem on Adolescents.

Hypothesis 2: There will be a significant relationship in between parenting styles with resilience on Adolescents.

Variables: -

Independent variable: - Parenting Styles

Dependant Variable: - Self Esteem and Resilience

Sample

The data will be collected from the emerging adults, both male and female, in the age group of 12-18 years. The total sample size will be 50 with equal no of males and females. The sampling technique to be applied is Random sampling.

Research Design: -

The research design used for the purpose of this study is correlational research design to examine the relationship between parenting styles, self esteem and resilience among adolescents.

Tools: -

- Perceived parenting style scale developed by Divya and Manikandan (2013): - It measures perceived parenting style of the subject with the regard to three dimensions such as authoritative, authoritarian, and permissive. It consists of 30 items in which responses were elicited in a five-point Likert scale. To find out the reliability of the scale Cronbach Alpha coefficient was computed for each style, and it was found that the authoritative style is having an Alpha coefficient of 0.79, authoritarian 0.81 and permissive 0.86. The authors claim that the scale has face validity.
- The Connor-Davidson Resilience Scale (CD-RISC) developed by Kathryn M. Connor and Jonathan R. T. Davidson in 2003 and has since become a valuable instrument for measuring resilience in various populations, including adolescents and adults. The CD-RISC consists of 25 self-report items, and respondents rate each item on a 5-point Likert scale. The reliability of the test is Cronbach's alpha coefficients for the CD-RISC ranging from 0.85 to 0.92. This test also includes content validity, construct validity, criterion validity, predictive validity, and factor structure.
- Rosenberg's self-esteem scale (1979) developed by Rosenberg measures self-esteem using ten items answered on a four-point Likert-type scale. The Rosenberg Self-Esteem Scale has demonstrated reliability and validity across many different sample groups and has been translated into and validated in various languages. The test-retest correlations are between 0.82 to 0.88 and Cronbach's alpha between 0.77 to 0.88.

Procedure: -

The process began by defining the objective and hypothesis of the study. A suitable sample was selected, and informed consent was obtained from the participants. Data collection was conducted using Google Forms, utilizing three different scales or tools. Once the data was collected, statistical analysis techniques such as correlation and regression were applied. The results were compiled into tables and understood in a meaningful way. Patterns and trends within the data were analysed and identified.

Statistical Analyses: -

Mean, Standard deviation and Pearson's Correlation is used to analyse and interpret the data.

RESULTS

This study examined the correlation between parenting styles and self-esteem and parenting styles and resilience and the significant prediction of resilience from the various parenting styles and self-esteem between males and females.

Table 1: Correlation between parenting styles and self-esteem: -

	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
<i>Parenting Styles</i>	<i>1.000</i>	<i>.500</i>	<i>.098</i>	<i>.500</i>
<i>Self Esteem</i>	<i>.098</i>	<i>.500</i>	<i>1.000</i>	<i>.500</i>

"r" represents the Pearson correlation coefficient.

"p" represents the p-value.

Note: - N= 50 for all correlations

The table displays Pearson correlation coefficients for different variables. The correlation between "Parenting" and itself is always 1, representing a perfect correlation. There is a strong positive correlation (0.098) between "Parenting" and "SE," implying a small tendency for higher parenting behavior to be linked to slightly higher self-esteem. "The correlation between 'Parenting' and 'SE' was not statistically significant, $r(50) = 0.098$, $p = 0.500$." This means that the observed correlations are unlikely to have occurred due to true relationships between the variables, and they could be the result of random chance.

Table 2: Correlation between parenting styles and resilience: -

	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
<i>Parenting styles</i>	<i>1.000</i>	<i>.545</i>	<i>-0.88</i>	<i>.545</i>
<i>Self Esteem</i>	<i>-.088</i>	<i>.545</i>	<i>1.000</i>	<i>.545</i>

"r" represents the Pearson correlation coefficient.

"p" represents the p-value.

The table presents Pearson correlation coefficients, p-values, and observation counts for each correlation. The correlation between "Parenting" and "Resilience" is weak and negative (-0.088), indicating little to no linear relationship. Both correlations have high p-values (0.545), suggesting they are not statistically significant.

DISCUSSION

Table 1: The table suggests a strong positive correlation between "Parenting" and "SE," implying a small tendency for higher parenting behaviour to be associated with slightly higher self-esteem. Regarding the correlation between "Parenting" and "SE" (Self-Esteem), the coefficient is 0.098. A positive value indicates a weak positive correlation, suggesting that higher levels of parenting behaviour might be associated with slightly higher levels of self-esteem. However, the correlation is weak, and its value is close to 0, indicating that the relationship is not very strong. The table suggests a weak positive correlation between "Parenting" and "SE," implying a small tendency for higher parenting behaviour to be associated with slightly higher self-esteem. However, due to the high p-values, the observed correlations are not statistically significant. Therefore, caution is needed when interpreting these results, as the weak correlations could be a result of random chance rather than true relationship between the variables in the broader population. For both correlations, the p-value is 0.500. This p-value is greater than 0.01 and 0.05, indicating that the correlations are not statistically significant at either the 0.01 or 0.05 level. Hence our hypothesis proved wrong as there is no significant relationship between self-esteem and parenting styles.

Table 2: In this case, the correlation coefficient between "Parenting" and "Resilience" is -0.088, which is close to zero and negative. A correlation value close to zero suggests that there is little to no linear relationship between the variables "Parenting" and "Resilience." The negative sign indicates that as "Parenting" increases, "Resilience" tends to decrease slightly, but the correlation is weak, indicating a low degree of association. The weak negative correlation observed between the two variables could simply be a result of random chance rather than a true underlying relationship. For both correlations, the p-value is 0.545. This p-value is greater than 0.01 and 0.05, indicating that the correlations are not statistically significant at either the 0.01 or 0.05 level. "The correlation between 'Parenting' and 'Resilience' was not statistically significant, $r(50) = -0.088$, $p = 0.545$." This suggests that the observed correlations are likely due to random chance and not indicative of a meaningful relationship between the variables. Hence our hypothesis proved wrong as it indicates that there is no significant relationship between parenting styles and resilience.

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