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Perceived parenting style and self-esteem among adolescents of a secondary school

Sanu Maiya Malla¹✉, Shanti Bajracharya²✉, Sarala Shrestha³✉

¹ Kathmandu Model Hospital, School of Nursing, Kathmandu, Nepal

² Nepalese Army Institute of Health Science, College of Nursing, Kathmandu, Nepal

³ Medical Education Commission, Sano Thimi, Bhaktapur, Nepal



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Abstract:

Background: Parenting plays a significant role in the overall development of a child. Positive parenting techniques help the child to develop positive attitude, confident social behaviour and increase self-esteem. The main objective of this study was to find out the perceived parenting style and self-esteem among adolescents.

Method: A descriptive cross-sectional study was conducted among 218 adolescents selected by using stratified proportionate random sampling technique from grade VII-XII of a secondary school. Self-administered questionnaire consisting of "Perceived Parenting Style Scale and Rosenberg Self-esteem Scale" was used to collect data. Data were entered in SPSS version 16 program and analysed using descriptive statistics i.e., frequency, percentage, mean and standard deviation and inferential statistics i.e. Karl Pearson correlation co-efficient, Chi-square test and Fischer's exact test.

Result: Out of 218 adolescent participants, 190(87.1%) perceived parenting style as authoritative, 20(9.2%) perceived authoritarian and 8(3.7%) perceived permissive parenting style. Majority 158(72.5%) of them had normal to high level of self-esteem. Authoritative parenting style was positively correlated ($r=0.301$, $p<0.001$) with adolescents' self-esteem, whereas authoritarian and permissive parenting style had negatively correlated ($r=-0.377$, $p<0.001$ and $r=-0.317$, $p<0.001$) respectively. There was significant association of parenting style with respondents' ethnicity and religion.

Conclusion: Authoritative parenting style helps to enhance adolescents' self-esteem, whereas authoritarian and permissive parenting styles seem to influence the self-esteem negatively. The parenting styles seem to be influenced by ethnicity and religion of the adolescents.

Keywords: Adolescents, Parenting style, Self-esteem

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Correspondence

Sanu Maiya Malla, School of Nursing, Kathmandu Model Hospital, Swoyambhu, Kathmandu. Email: mallasanu@gmail.com, Telephone: +977-9841362896

Introduction

Parenting style plays a significant role in the overall development of the child. It affects in physical and psychological development of the child that is reflected in the child's self-esteem.¹ Three parenting styles namely authoritative, authoritarian, and permissive were introduced in 1967 by Diana Baumrind. The authoritative parenting is open communication, clear guidelines, love and nurture, proper guidance, bonding, and encourage decision making. Authoritarian style is strict discipline and rules, criticism and comparison, inadequate love and care, harsh punishments and restrictions. Permissive have no rules, no guidance and discipline, little to no expectation and limitations, distant with child, giving child authority over their actions.²

Parental emotional warmth has been found to have a positive effect on adolescents' self-esteem but parental rejection and over-protection have negative effect.³ Good parenting and support from peers experience healthy levels of self-esteem.⁴ A study done in India revealed adolescents perceiving authoritative parenting style had a higher level of self-esteem in comparison to authoritarian and permissive parenting style.⁵ Self-esteem can increase by a positive parenting style which indirectly impact on academic procrastination and self-directed learning. A high level of self-esteem enhances self-confidence and decrease the academic problems.⁶

In Nepal, majority of parents still practice traditional childrearing and continue to follow along with other parenting styles.⁷ Children are not given authority to take decision, give reason, question or argue and disagreeing with parent's opinions or speaking against them.⁸ Thus, this study aims to find out perceived parenting style

and self-esteem among adolescents in Nepalese context.

Method

A descriptive cross-sectional design was conducted among adolescents aged 13 to 19 years studying in grade VII to XII at Evergreen English Secondary School and living with both parents. The school is a private co-education school located at Sankhu, Shankharapur Municipality, Kathmandu, Nepal and was selected conveniently. The students from almost all wards of the municipality and with diverse socio-economic and ethnic background attended this school.

Out of 389 students, 218 adolescent students of meeting the criteria were selected using stratified proportionate random sampling technique from different grades by lottery method. A structured self-administered questionnaire consisting of Perceived Parenting Style Scale (PPSS) developed by Divya and Manikandan⁹ and Rosenberg Self-Esteem Scale (RSES) by Morris Rosenberg¹⁰ were used. Permission for using PPSS was obtained from the tool developer Dr K. Manikandan through email and permission was not required for using RSES as it is freely available.

Modified PPSS was used to find out the parenting styles perceived by adolescents. It consists of 30 items and 4-point Likert scale. All the items in the scale were order positively and scored 4 to 1. Scale with response was categorised as Strongly Agree=4, Agree=3, Disagree=2 and Strongly Disagree=1. The ten items of authoritative parenting style were: 1, 4, 7, 10, 13, 16, 19, 22, 25, 28, ten items of authoritarian parenting style were - 2, 5, 8, 11, 14, 17, 20, 23, 26, 29 and ten items of permissive

parenting style were: 3, 6, 9, 12, 15, 18, 21, 24, 27, 30. All three parenting styles were scored separately and identified most prominent style in an adolescent's perception about their parents' parenting style.⁹

The RSES tool was used to measure the level of self-esteem among adolescents. It consists of 10 items with 4-point Likert scale. For positively worded five items were 1, 3, 4, 7 and 10: Strongly Agree=3, Agree=2, Disagree=1, and Strongly Disagree=0. And for negatively worded five items were 2, 5, 6, 8 and 9 (which are reversed in valence, and noted with the asterisks): Strongly Agree=0, Agree=1, Disagree=2, and Strongly Disagree=3. The scale ranges from 0 to 30, where scores above 25 suggest high, scores between 15 and 25 suggest normal and scores below 15 suggest low self-esteem. The scoring was obtained by doing the sum of scores according to the ratings assigned to all the items after reverse scoring the negatively worded items (asterisked). In this study, the score of 15 was used as a cutoff point. Hence, the scoring more than 15 was considered as having normal to high level of self-esteem and those scoring less than or equal to 15 was considered as having low level of self-esteem¹⁰.

Prior to data collection, ethical approval was obtained from the Institutional Review Committee (IRC) of Nepalese Army Institute of Health Sciences. Permission and written consent for data collection was obtained from the principal of the school.

Written assent was taken from the respondents aged below 18, and consent was taken from those aged 18 to 19 years. Anonymity was maintained by instructing them not to write their name. Respondents were informed that they would be allowed to withdraw from the study at any time if they so wished. Data were collected

in a classroom setting in groups from 17 Dec 2023 to 13 Jan 2024.

Data were entered and analyzed in IBM SPSS version 16 program using descriptive statistics i.e. frequency, percentage, mean and standard deviation and inferential statistics i.e. Karl Pearson correlation co-efficient, Chi-square test and Fischer's exact test.

Result

Out of 218 respondents, mean age was 15.89 ± 1.79 years (ranging from 13-19 years) and more than half 120(55.0%) were aged ≤ 16 years, more than half 111(50.9 %) were female, and majority 149(68.3%) were living in nuclear family, Table 1.

Most 190(87.1%) of the respondents perceived authoritative parenting style, whereas 20(9.2%) perceived authoritarian and 8(3.7%) perceived permissive parenting style, Table 2.

Majority 158(72.5%) of them had normal to high level of self-esteem and remaining 60(27.5%) had low level of self-esteem, Table3.

Statistically significant positive correlation ($r=0.301$, $p<0.001$) was found between authoritative parenting style and self-esteem of the respondents whereas, statistically significant negative correlation was found between authoritarian parenting style ($r=-0.377$, $p<0.001$) and permissive parenting style ($r=-0.317$, $p<0.001$) with self-esteem of respondents, Table 4.

Statistically significant association were found between authoritative parenting style with ethnicity ($p=0.005$), and religion ($p=0.041$), Table 5; and authoritarian parenting style with the ethnicity ($p=0.026$), Table 6.

Table 1. Socio-demographic profile of students of a secondary school surveyed for perceived parenting style and self-esteem, n=218

Variables	n(%)
Age in completed years (Mean=15.89, SD=1.791, Range 13-19 years)	
≤16	120(55)
>16	98(45)
Sex	
Male	107(49.1)
Female	111(50.9)
Grade	
Grade VII	39(17.9)
Grade VIII	26(11.9)
Grade IX	30(13.8)
Grade X	20(9.2)
Grade XI	52(23.9)
Grade XII	51(23.4)
Ethnicity	
Dalit	5(2.3)
Janajati	113(51.8)
Madheshi	2(0.9)
Muslim	-
Brahmin/Chhetri	83(38.1)
Others	15(6.9)
Religion	
Hinduism	186(85.3)
Buddhism	23(10.6)
Islam	-
Christianity	7(3.2)
Others	2(0.9)
Family Type	
Nuclear	149(68.3)
Joint	61(28.0)
Extended	8(3.7)

Table 2. Parenting style perceived by students of a secondary school, n=218

Parenting style	n(%)
Authoritative	190(87.1)
Authoritarian P	20(9.2)
Permissive	8(3.7)

Table 3. Level of self-esteem among students of a secondary school surveyed for perceived parenting style and self-esteem, n=218

Self-esteem level	n(%)
Normal to High Self-esteem	158(72.5)
Low Self-esteem	60(27.5)

Table 4. Correlation of parenting style with self-esteem scores among secondary school students, n=218

Parenting Style	Correlation (r) with Self-esteem	p-value
Authoritative	0.301	<0.001
Authoritarian P	-0.377	<0.001
Permissive	-0.317	<0.001

Table 5. Association of authoritative parenting style with selected socio-demographics of secondary school students, n=218

Variables	Authoritative parenting style		χ^2 value	p-value
	Yes (190), n(%)	No (28), n(%)		
Sex				
Male	97(90.7)	10(9.3)	2.297	0.130
Female	93(83.8)	18(16.2)		
Ethnicity				
Brahmin/Chhetri	79(95.2)	4(4.8)	7.710	0.005
Others*	111(82.2)	24(17.8)		
Religion				
Hinduism	166(89.2)	20(10.8)	1.552	0.213
Others**	24(75.0)	8(25)		
Family Type				
Nuclear	127(85.2)	22(14.8)	1.552	0.213
Joint/Extended	63(91.3)	6(8.7)		

*Others ethnicity: Janajati, Dalit, Madhesi, and Muslim; **others religion: Buddhism, Islam, and Christianity

Table 6. Association of authoritarian parenting style with selected socio-demographics of secondary school students, n=218

Variables	Authoritarian parenting style		χ^2 value	p-value
	Yes (190), n(%)	No (28), n(%)		
Sex				
Male	8(7.5)	99(92.5)	0.727	0.394
Female	12(10.8)	99(89.2)		
Ethnicity				
Brahmin/Chhetri	3(3.6)	80(96.4)	4.972	0.026
Others*	17(12.6)	118(87.4)		
Religion				
Hinduism	14(7.5)	172(92.5)	1.382	0.240
Others**	6(18.8)	26(81.2)		
Family Type				
Nuclear	16(10.7)	133(89.3)	1.382	0.240
Joint/Extended	4(5.8)	65(94.2)		

*Others ethnicity: Janajati, Dalit, Madhesi, and Muslim; **others religion: Buddhism, Islam, and Christianity

Discussion

Most 190(87.1%) of respondents in this study perceived authoritative parenting style, whereas 20(9.2%) perceived authoritarian, and 8(3.7%) perceived permissive parenting style. The findings of the study were similar to the study conducted in Islamabad, Pakistan among 60 adolescent students which found that 56.0% of respondents perceived authoritative, 28.0% perceived authoritarian and 15% perceived permissive parenting style.^{11,12} In the same line, another study conducted in China, among 504 adolescent students, found that 63.3% of the respondents perceived authoritative, 18.1% perceived authoritarian, and 18.7% perceived permissive parenting style.¹³ The results were contradictory to the study conducted in Kenya, Africa among 325 adolescents which found that higher proportion (73.3%) of the respondents had authoritarian parenting style, followed by authoritative (23.2%) and permissive (2.7%) parenting style.¹⁴

This study revealed that majority 158(72.5%) of the respondents had normal to high level of self-esteem, whereas minority 60(27.5%) had low level of self-esteem. The finding was somewhat similar with the findings of the study conducted in Philippines where 98.5% of the adolescents had high level of self-esteem and only 1.5% had low level of self-esteem.¹⁵ The contradictory findings were found in the study conducted in Ibadan, Nigeria among 504 adolescents, which revealed that 59.0% respondents had low level of self-esteem and 41.0% had high level of self-esteem.¹⁶

The present study showed that there was statistically significant positive correlation of authoritative parenting style with self-esteem of respondents, whereas negative correlation of authoritarian and permissive parenting style was found with self-esteem of respondents. These findings are consistent with the findings of the 25 systematic comparative review study on parenting style and self-esteem of adolescents. The study found that there was a statistically significant positive relationship between authoritative parenting style and self-esteem 18(72%) whereas authoritarian 2(8%) and

permissive parenting style 5(20%) had relationship with self-esteem. And there was significantly negative relationship in authoritarian 16(64%) and permissive 7(28%) parenting style with self-esteem.¹⁷ The findings of this study were contrary to the study conducted in Anambra State, Nigeria, among 112 secondary school students, found statistically significant positive correlation of authoritarian parenting style ($r = 0.54$, $p = 0.000$) and permissive parenting style ($r = 0.65$, $p = 0.000$) with self-esteem of respondents.¹⁸ Similarly, another study conducted in China, among 504 adolescents, found a statistically significant negative correlation between authoritative ($r = -0.195$, $p = 0.000$) and permissive ($r = -0.153$, $p = 0.001$) parenting style with self-esteem of adolescents, and a statistically significant positive correlation between authoritarian parenting style ($r = 0.090$, $p = 0.043$) with self-esteem of adolescents.¹³ This study found that there was a statistically significant association of authoritative parenting style with respondents' ethnicity ($p = 0.005$) and religion ($p = 0.041$), and authoritarian parenting style with the respondents' ethnicity. The findings of this study were contradictory with the findings of the study conducted in Buraidah City, Saudi Arabia, among 496 adolescents, which reported that there was no statistical association was found in parenting styles with socio-demographical characteristics of respondents.¹⁹

This study was limited to the adolescent students of one private secondary school hence, limiting the generalizability to other kind of schools.

Conclusion

This study concludes that most of the adolescents perceive their parents' parenting style as authoritative. Adolescents perceiving authoritative parenting style tend to have normal to high level of self-esteem compared to authoritarian and permissive parenting style. The study also concludes that parenting style tends to be influenced by ethnicity and religion.

Author contribution

Concept design: all; Literature search: SMM; Data collection: SMM; Data analysis: all; Draft manuscript: all; Final manuscript and accountability: all

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Conflict of interest

None

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Supplementary material

The data and supplementary material that support the findings of this study are available from the corresponding author upon reasonable request.

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