

# Exploring the Relationship Between Parenting Styles and Self-Esteem Among Adolescents

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**Abstract:** *This study examined the relationship between parenting styles and self-esteem among adolescents. A sample of 100 adolescents (age 15-19 years) from private schools in Patiala was selected by convenience sampling technique. The Scale of Parenting Style (SPS; 2014) and the Adolescent Self-Esteem Questionnaire (ASQ; 2017) were used for data gathering. Pearson correlation coefficient and one-way ANOVA statistical analyses indicated a positive significant correlation between parenting styles and self-esteem. However, father responsiveness was not significantly associated with adolescents' self-esteem, though father control yielded a weaker but significant association with the variable in question. Significant differences in self-esteem were also observed across parenting styles, with authoritative parenting resulting in higher levels of self-esteem, whereas neglectful parenting styles were associated with lower levels of self-esteem. On the contrary adolescents with authoritative parents recorded high levels of self-esteem compared to their peers with neglectful parenting. The findings reveal the importance of balanced parenting and its importance in self-worth among adolescents. The study, therefore, concludes with parenting styles playing a major role in shaping the self-esteem of adolescents, and with authoritative parenting being the most beneficial one.*

**Keywords:** Parenting styles, self-esteem, adolescents, authoritative parenting, psychological development

## 1. Introduction

Adolescence is a transitional developmental stage during which physical, emotional, and cognitive changes occur at a fast rate. It is also a period of identity formation and self-evaluation, with adolescents being most sensitive to parental behaviour and attitudes. It is during this period that parental behaviour determines self-perception and identity of the adolescent. Supportive and warm parenting helps adolescents develop secure sense of self while harsh, inconsistent and negligent parenting undermines adolescents' self-confidence and low self-esteem.

Parenting is one of the most significant environmental factors that influence the psychological, emotional, and social development of a child. Parenting style describes the way parents interact with, discipline, communicate with, and nurture their children. Baumrind (1967), classifies parenting into four major types of parenting styles, including authoritative, authoritarian, permissive and neglectful, with each having different dimensions with respect to responsiveness (warmth and supportiveness) and demandingness (control and expectations). The patterns largely influence behaviour, emotional health, and the nurturing of personality traits for children during their formative years.

Parenting style is a major psychological adjustment indicator in a child and also influences personality traits, including self-concept, emotional adjustment and self-esteem. Self-esteem, in particular, is a vital psychological construct pertaining to an overall appraisal of one's worth and competence (Rosenberg, 1965). It is considered a vital component of mental health and guards against emotional ailments like anxiety, depression, and social reticence. Self-esteem is the psychological tool that enables adolescents to acquire resiliency, social competence, and confidence to deal with life challenges.

Over the years, there has been an empirical demonstration that authoritative parenting, which balances warmth with clear expectations is consistently associated with higher self-esteem and better psychosocial outcomes in adolescents (Steinberg, 2001; Milevsky et al., 2007). On the contrary, authoritarian parenting (strictness and low emotional support) is associated with low self-esteem and high anxiety. Permissive and neglectful parenting styles, marked by lack of structure or emotional detachment, are similarly linked to poor regulation and devaluation of the adolescent self (ibid).

The Objectives of the current study is to identify the Prevalent Parenting Styles, namely Authoritative, Permissive, Authoritarian and Neglectful. To examine the relationship between different parenting styles and self-esteem among adolescents.

## 2. Material and Methods

### Hypothesis

**H1:** There will be a significant relationship between parenting styles and self-esteem among adolescents.

**H2:** There will be a significant difference in self – esteem among adolescents raised with different parenting styles (authoritative, authoritarian, permissive & neglectful).

**H3:** There will be a significant difference in the levels of self-esteem among adolescents studying in private schools based on the parenting styles they experience.

### Participants:

100 participants (50 males & 50 females)

### Inclusion Criteria:

Participants meeting the following criteria were included in the study:

1) Adolescents must age between 15 to 19.

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- 2) Adolescents must be living with their parents.
- 3) Adolescents must be enrolled in private schools.
- 4) Adolescents must provide informed consent for voluntarily participation

#### Exclusion Criteria:

Participants were not included in the study if:

- 1) Adolescents not living with their parents.
- 2) Adolescents having a history of severe psychiatric or neurological disorders.
- 3) Participants failed to provide informed consent or withdraw during the study.

### 3. Instruments:

#### Scale of Parenting Style (SPS,2014)

To assess adolescent's perception of their parent's parenting style the Scale of Parenting Styles (SPS) was developed by Abdul Gafoor. K & Abidha Kurukkan. It is a self-report developed in the 2014.

#### Adolescent Self- Esteem Questionnaire (ASQ,2017)

To assess the individual's sense of self-worth the Adolescent Self-Esteem Questionnaire (ASQ) was developed by Johnson, J., Lawrence, D., Hafekost & Zubrick, SR. It is a self-report questionnaire to measure global self-esteem among adolescents.

#### Procedure and Analysis

To ensure clarity, transparency and consistency a structured and sequential research approach was followed. A convenience sampling to reach students from private schools based on their desire and availability to take part in the study. In order to uphold ethical standards informed consent and confidentiality was guaranteed.

After the selection of participants, a structured Google Form was used to collect the data. The beginning of the form included uniform instructions like an informed consent statement clearly outlining the purpose of the study following a digital consent checkbox of voluntary participation. Failure to provide consent leads to elimination of the form.

There were three sections to the questionnaire:

- Demographic details – name, emails, age, gender.
- Scale of Parenting Style (SPS)
- Adolescents Self- Esteem Questionnaire (ASQ)

Participants were not time bound and were given enough time to complete the questionnaire. Following the completion of data collection the responses were carefully examined and arranged. For additional analysis the collected data was coded and imported into the Statistical Package for the Social Sciences (SPSS). Before moving on to the statistical analysis the dataset

was screened for the inclusion and exclusion criteria, a data of 100 participants was retained for the study.

Appropriate statistical methods were then used based on the objectives and hypothesis of the study. Sample characteristics were described using descriptive statistics such as frequency and percentage. Tests of normality were conducted to determine the distribution of the data. Since the data was

normally distributed, parametric tests were applied. To examine the correlation between parenting styles and self-esteem among adolescents, Pearson Correlation was applied. These statistical methods were chosen because they matched the study's goals and were suitable for normally distributed data.

### 4. Results and Discussion

The present study aims to examine the relationship between parenting styles and self-esteem among adolescents. The findings revealed a significant association between parenting dimensions and adolescents' self-esteem, supporting the primary hypothesis. Data were analysed using descriptive statistics, Pearson product-moment correlations, and one-way analysis of variance (ANOVA) with Bonferroni-corrected post-hoc comparisons. All analyses were conducted at the .05 level of significance. The results are discussed in relation to each hypothesis.

**Table 1:** Sociodemographic Characteristics of Participants (N = 100)

Variable	Category	n	%
Gender	Male	50	50
	Female	50	50
Age	15 years	7	7
	16 years	19	19
	17 years	30	30
	18 years	43	43
	19 years	1	1

#### Interpretation

The sample consisted of 100 adolescents with an equal gender distribution (50 males and 50 females). The mean age was 17.12 years (SD=0.97). The participants' majority was of 18-year-olds (43.0%), followed by 17-year-olds (30.0%) and 16-year-olds (19.0%). All of the participants went to private schools and were in grades 10, 11, or 12.

Therefore, it is necessary to have a gender balance to compare the results between males and females. Since the majority of the respondents fit within the 17 to 18 age cohort range, the results demonstrate the psychology-specificity of late adolescents. The formation of identity is the main developmental task at this stage, and the role of parents is very crucial, as their influence is highly felt. Therefore, the results have great importance in an attempt to understand the dynamics of self-esteem at this stage of development.

**Table 2:** Reliability Analysis of Study Instruments (Cronbach's Alpha)

Scale / Subscale	Items	$\alpha$	Interpretation
Adolescent Self-Esteem Questionnaire (ASQ)	12	0.569	Marginal
Scale of Parenting Style – Mother (Total)	38	0.966	Excellent
Mother Responsiveness	19	0.936	Excellent
Mother Control	19	0.939	Excellent
Scale of Parenting Style – Father (Total)	38	0.977	Excellent
Father Responsiveness	19	0.957	Excellent
Father Control	19	0.954	Excellent

**Interpretation**

The Scale of Parenting Style demonstrated excellent internal consistency for both the mother ( $\alpha = .966$ ) and father ( $\alpha = .977$ ) versions, with all subscales exceeding .93. The Adolescent Self-Esteem Questionnaire yielded a Cronbach's alpha of .569, which is below the conventional threshold of .70. The high reliability coefficients for the parenting style scales shows that these instruments measure consistently adolescents' perceptions of parental behaviour. However, the relatively low reliability of the self-esteem scale points at some inconsistency of responses, which may be occasioned by inconsistency in individual interpretation or contextual application. Overall, the scale is still usable, though, the results of self-esteem should be interpreted with care as measurement error is likely to slightly influence the accurate representation of results.

**Table 3:** Descriptive Statistics of Study Variables (N = 100)

Variable	N	Min	Max	M	SD	Skewness
Self-Esteem (ASQ)	100	14	52	35.05	6.45	-0.21
Mother Responsiveness	100	36	95	79.46	14.07	-0.61
Mother Control	100	37	95	81.49	13.62	-0.86
Father Responsiveness	100	19	95	76.17	17.43	-0.84
Father Control	100	23	95	77.75	16.7	-0.96

**Interpretation**

Self-esteem had a mean score of 35.05 (SD = 6.45) out of a 12–60 possible range, suggesting a moderate-to-high level of self-esteem in the sample. For parenting dimensions, mother control (M = 81.49) and mother responsiveness (M = 79.46) were slightly higher than corresponding father dimensions (father control: M = 77.75; father responsiveness = 76.17), meaning that adolescents perceived their mothers to be more responsive and controlling, relative to their fathers. However, all skewness were within  $\pm 2.0$  (Field, 2013), indicating acceptable distributional properties for parametric analyses.

**Table 4:** Pearson Correlations Between Parenting Dimensions and Self-Esteem (N = 100)

Parenting Dimension	r	p	r <sup>2</sup>	Result
Mother Responsiveness	.340**	<.001	0.116	Significant
Mother Control	.379**	<.001	0.144	Significant
Father Responsiveness	0.138	0.172	0.019	Not Significant
Father Control	.208*	0.038	0.043	Significant

**Interpretation**

**Hypothesis 1:** The results revealed a significant positive relationship was found between maternal responsiveness, maternal control, and adolescents' self-esteem, indicating that supportive and structured maternal behavior contributes positively to self-worth. In contrast, father responsiveness did not show a significant association, suggesting a comparatively limited role in influencing self-esteem within this sample.

This implies that the parenting practices carried out by the mother have a greater influence on the self-esteem of their child as compared to those carried out by the father. For instance, maternal warmth and control have been seen to boost the level of self-esteem among adolescents.

The statistically significant correlation between father control and self-esteem suggests that use of parental control by fathers can increase self-esteem to a certain extent. There are no statistically significant correlations between father responsiveness and self-esteem, thus implying that fathers' responsiveness may not have an important effect on self-esteem among their children.

The above results suggest that parenting styles have a significant effect on the self-esteem of adolescents, although they account for a moderate amount of the variation in the outcome variable, implying that other factors are to be considered.

**Table 5:** One-Way ANOVA: Self-Esteem by Mother's Parenting Style

Parenting Style	n	M	SD	F	df	p	$\eta^2$
Authoritative	47	37.23	4.99				
Authoritarian	4	34.25	7.41				
Permissive	3	37.33	10.02				
Neglectful	46	32.74	6.87	4.297	3, 96	.007	.118

**Interpretation**

**Hypothesis 2:** The ANOVA shows a significant effect,  $F(3, 96) = 4.297, p = .007, \eta^2 = .118$ . Post-hoc comparisons revealed that adolescents with authoritative mothers (M = 37.23) scored significantly higher than those with neglectful mothers (M = 32.74,  $padj = .003$ ).

The results from the ANOVA analysis indicate that there is a strong relationship between mother's parenting style and self-esteem among adolescents. Authoritative mothering, which involves being warm and providing suitable control, correlates with high self-esteem. Neglective mothers, who show low responsiveness and low control, have low self-esteem.

This confirms the need for emotional attachment and proper discipline in the development of self-concept. Furthermore, the moderate effect size demonstrates that mother's parenting style is a critical but not the only determinant of self-esteem.

**Table 5.1:** One-Way ANOVA: Self-Esteem by Father's Parenting Style

Parenting Style	n	M	SD	F	df	p	$\eta^2$
Authoritative	46	37.02	4.91				
Authoritarian	4	38.5	3.11				
Permissive	4	31.25	5.74				
Neglectful	46	33.11	7.38	3.995	3, 96	0.01	0.111

**Interpretation**

**Hypothesis 2:** Similarly, for father's parenting style:  $F(3, 96) = 3.995, p = .010, \eta^2 = .111$ . Authoritative fathers' adolescents (M = 37.02) had significantly higher self-esteem than neglectful fathers' adolescents (M = 33.11,  $padj = .021$ ).

The findings show that paternal parenting styles also have an important impact on self-esteem in adolescents, but this finding is not as constant as the maternal one. The high level of self-esteem in the authoritarian group was a surprise, which could be explained by a relatively small number of people in this category.

The results shows that parenting styles from both mothers and fathers can affect self-esteem, and the authoritative style seems to be preferable.

**Hypothesis 3:** Since all participants were drawn from private schools, the ANOVA results (Tables 4 , 5 and 5.1) directly address this hypothesis. Significant differences in self-esteem were confirmed across parenting styles within the private-school sample ( $\eta^2 = .111-.118$ ).

**Table 6:** Summary of Hypothesis Testing Results

H	Hypothesis	Key Statistic	Decision
H1	Significant relationship between parenting styles and self-esteem	Mother Resp: $r = .340^{**}$ ; Mother Ctrl: $r = .379^{**}$ ; Father Ctrl: $r = .208^*$	Supported
H2	Significant difference in self-esteem across parenting styles	Mother: $F(3,96) = 4.297, p = .007$ ; Father: $F(3,96) = 3.995, p = .010$	Supported
H4	Significant difference in self-esteem in private school based on parenting styles	Same ANOVA results as H2	Supported

### Interpretation

The above table shows that all the hypotheses tested were confirmed. This implies that parenting styles not only have an impact on self-esteem but also result in differences in the levels among adolescents.

### 5. Limitations

Some issues involved in this research need to be taken into consideration:

- The sample was limited to private school adolescents in Patiala, restricting generalizability to other population.
- The study used a cross-sectional design, which does not allow for causal conclusions about the relationship between parenting style and self-esteem.
- Data was collected through self-report measures only, which may introduce response bias and limit objectivity.
- Important mediating variables such as peers relationships, academic performance, body image, and social media use were not examined.

### 6. Future Directions

Future research should include larger and more representative samples that include both private and government school adolescents. Researchers should adopt longitudinal and multi-method approaches to demonstrate causality and avoid bias. Future research could explore the role of mediators such as peer pressure, academic performance, body image, and social media, as well as gender differences and socio-economic impacts on self-concept among Indian adolescents.

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