



## PARENTING STYLES AND SELF-ESTEEM OF CHILDREN

SHAISTA ALI<sup>1</sup>, MUSSARAT ANWAR<sup>2</sup>, SHAZIA DURRANI<sup>3</sup>, HINA GUL<sup>4</sup>

### ABSTRACT

The present study aims to explore the different types of parenting styles that parents use for raising their children. It also attempt to examined the relations between parenting styles and child's self-esteem and analyze the role of parents in building positive self-esteem of children. The study includes a sample of 150 children of age 11 to 13 years (both boys and girls), who were randomly selected from different schools of Peshawar District. A self-constructed questionnaire was developed to assess the pattern of parenting styles used by the parents of the respondents and a standardized scale developed by Anwar (1997) is used to know to the level of self-esteem of respondents. Results of the present study revealed that along with many aspects of personality parenting do influence the self-esteem of children and there is a close relationship between parenting style and child's self-esteem. The current study found that authoritative parenting was associated with more desirable child behavior and better self-esteem as compared to the other two parenting styles. The present research also indicated an association between authoritarian parenting and decreased self-esteem, lack of self-confidence and low level of happiness

**Keywords:** Parenting Styles, Self-Esteem, Children, Pattern, wellbeing

**JEL Codes:** I20

### I. INTRODUCTION

Parenting is a challenging task nowadays due to rapidly changing lifestyles along with newer demands and requirements of modern times. It 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 (Khan & Muhammad, 2017). Parenting is basically a sum of attitudes and behavioral patterns employed to care and groom children. Comprehensive knowledge on certain aspects as well as acquired experiences and skills will make each parent a successful parent (Szcześniak, et al., 2022). Parenting style has a great influence on how children develop into adults and there are significant implications for their future life. It is a determinant factor in child's development and effects the psychological and social functioning of children (Darling, 1999; Pazzaglia., et al., 2020). Parents exert a powerful control on child's personality and behavior and are the role models for their children. A child incorporates what he or she observes in their immediate environment (DeVore ER, Ginsburg KR, 2005). Nowadays modern societies are giving much importance to parenting styles as majority of the issues and mental health problems in children are related to the child rearing practices or parenting styles used by the parents. Most parents use a variety of styles depending on the needs and demands of the society in which they live (Hiromi, Hirata & Toshimitsu, Kamakura., 2018). Some of the most common styles used by the present-day parents are as follow

#### I.I. AUTHORITARIAN PARENTING

Authoritarian parenting style is characterized by extreme demandingness and control. Authoritarian parent's attempts to shape and control the child's behavior and attitudes in accordance with a set standard of conduct. Such parents use punitive and forceful approach to impose proper behavioral in children without explaining the reasons for such demands and never listen to children (Belsky, 2005; Moksnes, & Reidunsdatter, 2019). A study conducted by Furnham & Cheng, (2000) revealed that authoritarian parents offer too much structure and have little or no communication to their children. They value obsolete obedience, restrict the child's autonomy and assigned children

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<sup>1</sup> Lecturer, Human Development & family Studies, CHE, University of Peshawar

<sup>2</sup> Associate Professor, Human Development & family Studies, CHE, University of Peshawar

<sup>3</sup> Lecturer, Pakistan Studies, CHE, University of Peshawar

<sup>4</sup> College of Home Economics University of Peshawar

household duties and responsibilities in order to train and prepare them for future life goals. Heaven, & Ciarrochi (2008) as well as Szkody, Steele, & McKinney, (2020) reported that children of authoritarian parent's offers appear to be anxious, withdrawn and insecure. Such children always had poor reaction to frustration and give up very easily. Studiesshows that in case of authoritarian parents, girls usually lackin motivation and independence as compare to boys while boys are prone to be aggressive, rebellious and much likely to have low self-confidence. (Nimrah& Zainab, 2016). As far as academics are concerned, these children do well in school and are less likely to be engaged in drug abuse and antisocial activities. This kind of parenting generally leads to obedient and proficient children but they rank low in happiness, social relationships and self-esteem (Darling & Steinberg, 1993).

### **I.II. NEGLECTFUL PARENTING**

Neglectful parenting is considered to be the worst type of parenting. According to Raboteg-Saric, & Sakic, (2014), such parents are characterized by low responsiveness, few demands and have little or no communication with children. These parents spend little time with children and never engage much in their parenting role. Neglectful parents do fulfill the child's basic needs but fails to provide adequate emotional support and are generally detached from the child's life. They are not involved in child's personality formation and grooming and usually fail to enforce standard of conduct (Keefe & Berndt, 1996; Hou, et al., 2020). As far as the children of neglectful parents are concerned, Lamborn, Mounts, Steinberg & Dornbusch, (1991) found that children of neglectful parents always rank lower in all domains of life. McClun, & Merrell (1998) also stated that these children always have troubles in accepting and following rules because there have been very few rules for them in their lives and have difficult in obeying those rules. Neglectful parents usually have children with behavior problems due to low self -esteem, less level of competence and lack of self-control (Milevsky, Schlechter, Netter, & Keehn, 2007).

### **I.III. AUTHORITATIVE PARENTING**

The authoritative parenting is considered to be the best type of parenting as mainly focus on directing the child's behavior but in a rational and reasonable way (Ballantine, 2001). According to Suldo, & Huebner (2004); Pérez-Fuentes, et al. (2019) authoritative parents encourage the children to be independent but at the same set limits and boundaries for their future conduct. They apply discipline but in a non-punitive, helpful way. Authoritative parents are responsive to their children needs and requirements and are always there to answer their questions. Crocker, & Park (2004) further reported that authoritative parents encourage verbal give and take, provide reasons behind policies and involve children in the decision making of families. Such parents affirms the child's present qualities, uses reason as well as power for enforcing the rules and based their decision on mutual consensus of all members. Authoritative parenting results in children who are more likely to be happy, satisfied and emotional stable. They are more self-confident and independent with a good decision-making power. Such children are socially responsible, more self-controlled, capable and successful (Leung, McBride-Chang, & Lai, 2004). Furthermore, Heaven, & Ciarrochi (2008) also stated that authoritative parenting leads to children with high potential for leadership and are self-regulated as well as cooperative.

### **I.IV. PERMISSIVE PARENTING**

The permissive parents have very few demands from their children and always behave in a non-punitive, acceptant and assenting manner. Literature (DeHart, Pelham, Tennen, 2006) revealed that such parents rarely discipline their children and have low expectation of taking responsibilities, mature behavior, and orderly conduct. Permissive parents present themselves to their children as a resource to use, neither as an ideal or role model to follow nor as an active agent which control or shape their behavior. They allow children to regulate their own activities as much as possible and usually avoid exercise of control. Studies conducted by Steinberg, & Silk, (2002) stated that children raised without any limitation and control usually have difficult in self-managing and such children seeks structure to help them feel valued, authenticated and protected. Permissive parenting results in children who rank low in happiness, have problems with relationships, lacks self-organizations and perform poorly in academics. Usually these children become rebellious, disobedient and emotional when their desires are challenged. Good parenting implies that a child should be prepared to meet the demands of the changing world. According to DeHart & Tennen (2006), it is important for parents to recognize that children come into this world with their own temperament and is a duty of parents to introduce a child into this world in a way that eventually leads to self-competence and complete independence. Keeping in view the importance of parenting in the life of children, the present study aims to explore the different types of parenting styles which are generally used by the present day parents for raising their children. It also attempt to examined the relations between parenting styles and child's self-esteem and analyze the role of parents in building positive self-esteem of children

## II. METHODOLOGY

The purpose of the study is to find relation between parenting style and self-esteem of children

- To explore the different types of parenting styles that parents use for raising their children.
- To examined the relations between parenting styles and child's self-esteem

### II.I. MATERIAL AND METHODS

The study includes a sample of 150 children of age 11 to 13 years (both boys and girls), who were randomly selected from different schools of Peshawar District. A self-constructed questionnaire was developed to assess the pattern of perceived parenting styles by the respondents. A standardized scale developed by Anwar (1997) was used to analyze the level of self-esteem of the respondents.

### II.II. SAMPLE

A random sample consisting of 150 children was selected for the study. Children between 11-13 years (i.e. of 6<sup>th</sup> and 7<sup>th</sup> Grades) were the target population. Only those children were included in the sample whose parents were living together, and permitted their children to participate in the study. The sample belonged to different socio-economic classes and represented the urban areas of Peshawar and the rural areas surrounding Peshawar. Children who were excluded from the sample were those who were either living with a step parent, or one of the parents was foreign born. Twins were also excluded from the study and those who were physically handicapped were also not part of the study as these could affect the outcome of the study.

### II.III. PROCEDURE

Group Interviews-Questionnaire method was utilized for the study to collect data. Accordingly, the sample was divided into small groups and each group was briefed about the research problem under investigation. Then each member of the group was asked to answer the questionnaire. In case of any ambiguities, the members of the group were encouraged to ask the researchers and so the questions were clarified to them exactly as in an interview situation.

## IV. RESULTS

**Table 1: Parent's Level of Education by Parenting Styles**

Educational Level	Uneducated		Intermediate		Graduation		Masters	
	Mother	Father	Mother	Father	Mother	Father	Mother	Father
Authoritarian	32 (64%)	5 (10%)	7 (14%)	14 (28%)	7 (22%)	14 (28%)	-	17 (34%)
Authoritative	29 (58%)	-	8 (16%)	3 (6%)	13 (26%)	14 (28%)	-	33 (66%)
Permissive	36 (72%)	7 (14%)	13 (26%)	7 (14%)	1 (2%)	30 (60%)	-	6 (12%)
Mean	32	8	9.3	8	8.3	19.3	-	18.67

Table no 1 shows the educational level of parents. Results revealed that majority of mothers were uneducated in case of all three types of parenting styles. In cases of fathers, majority of authoritative parents had master's level education while majority of permissive parents had education up to graduation level

**Table 2: Age of the Parents by Parenting Styles**

Age( in years)	Authoritarian		Authoritative		Permissive	
	Mother	Father	Mother	Father	Mother	Father
20-30	1	-	1	-	1	-
30-40	24	3	21	7	25	3
40-50	23	28	27	24	22	30
50-60	2	17	1	19	2	16
60 onwards	-	2	-	-	-	1
Mean	40.2	48.6	41.9	47.4	40.0	48
SD	7.746	7.48	7.21	7.21	7.87	6.78

Table 2 shows that With respect to parenting style, the mean age of authoritative mothers was slightly higher than other two types of parenting style. Similarly, the mean age of authoritarian fathers was comparatively higher than other types of parenting style. The mean age of the authoritarian mothers was  $M = 40.2$  with  $SD$  at  $7.746$  ( $n = 50$ ), while the mean age of the authoritative mothers was  $41.9$  ( $SD = 7.21$ ,  $n = 50$ ). Mothers who were perceived to be permissive had a mean age of  $40$  with  $SD$  at  $7.87$  ( $n = 50$ ) whereas the average age of the Authoritative mothers was  $40.7$  ( $n = 150$ ). The mean age of the authoritarian fathers was  $48.6$  with  $SD$  at  $7.48$  ( $n = 50$ ) whereas the authoritative fathers were on the average  $47.4$  years old with a  $SD$  of  $7.21$  and  $n = 50$ . Fathers who were perceived to be practicing permissive style had a mean age of  $48$  with a  $SD$  of  $6.78$  and  $n = 50$ . The overall mean age of the mean age of mothers ranges between  $40.0$  - $41.9$  while the mean age of fathers ranges between  $47.4$ -  $48$ .

**Table 3: Type of the Family by Parenting Styles**

Family Type	Authoritarian	Authoritative	Permissive
Joint	34(68%)	23 (46%)	20 (40%)
Nuclear	16 (32%)	27 (54%)	30 (60%)

Results of Table 3 reveals that majority of authoritarian parents were living in joint families while majority of permissive parents were living in nuclear familie

**Table 4: Birth order of the Children and by Parenting Styles**

Ordinal Position	Authoritarian	Authoritative	Permissive
First	10(20%)	19 (38%)	13 (26%)
Later Born	40(80%)	31 (62%)	37 (74%)

Table 4 shows that majority of children were last born in cases of all three types of parenting styles.

**Table 5: Mean Self Esteem Scores by Gender and Parenting Styles**

Sample	Authoritarian	Authoritative	Permissive	Average
Girls	5.040	10.720	7.400	7.720
Boys	8.480	11.680	10.280	10.147
Average	6.760	11.200	8.840	

The results in table 5 demonstrate the mean self-esteem scores of both genders. The finding reveals that in case of all three types of parenting styles,boys comparatively have higher mean scores on self-esteem scale than girls. Results indicating that children experiencing authoritative parenting style had significantly higher mean scores on self-esteem scale ( $M = 11.200$ ), followed by those facing permissive style of parenting ( $M = 8.840$ ). Children subjected to authoritarian parenting style had the least self-esteem scores of the three groups ( $M = 6.760$ ).The mean self-esteem scores of both girls and boys raised by authoritative parents were high and it was followed by better score by children of permissive score.

**Table 6: Two-way Analysis of Variance of Self Esteem by Parenting Styles**

Source	Df	S.S.	M.S.	F	P
Factor A	1	220.827	220.827	13.5044	.0003
Factor B	2	493.493	246.747	15.0895	.0000
A.B	2	42.493	21.147	1.2932	.2776
Error	144	2354.720	16.352		
Total	149	3111.333			

Coefficient of Variance = 45.27%

**Note:** Factor A = Gender; Factor B = Parenting Styles

The Two-way Analysis of Variance yielded a highly significant main effect for the gender of the children, experiencing the three parenting styles, on their self-esteem scores,  $F(1, 149) = 13.504$ , with a  $p$  values  $< .0005$ , indicating that boys had significantly higher self-esteem scores ( $M = 10.147$ ) than girls ( $M=7.720$ ). The main effect

of parenting styles on the self-esteem of pre-adolescents was also highly significant,  $F(2, 149) = 15.089$ , and  $p < .0001$ . The interaction effect of gender and parenting style was non-significant [ $F(2, 149) = 1.293$ , and  $p > .05$ .]

## V. DISCUSSION

Parenting is actually a sum of behavior patterns and approaches used to care and groom a child. Positive parenting implies to maintain a supportive and respectful relationship with children and to would the children as a mature and responsible social beings (Heaven, & Ciarrochi, 2008). Parents exert a powerful control on child's personality and behavior and are the role models for their children. It can be rightly said that children are just like sponges who absorb everything which they observe in their immediate environment and incorporate it into their own life (DeVore ER, & Ginsburg KR, 2005; Szcześniak, et al., 2022). Results of the present study revealed that along with many aspects of personality parenting also influence the self-esteem of children and there is a close relationship between parenting style and child's self-esteem. The current study found that authoritative parenting was associated with more desirable child behavior and better self-esteem as compared to the other two parenting styles (Table 2). These findings are also consistent with researches conducted by Moksnes, & Reidunsdatter, (2019); Leung, McBride-Chang, & Lai, (2004), which affirmed that children of authoritative parents are more likely to be joyful, satisfied as well as emotionally stable. It was also stated that such children are more self-assured, independent, and are capable to make their own decisions, which results in higher level of self-esteem. The main conclusion drawn from this research was that authoritative parents encourage children to be independent and self-reliant but also set boundaries and limits for them. These parents make demands that fit with children's ability to take responsibility for their own behavior.

Children subsequently learn that they are competent individuals who can do things successfully for themselves. This fosters their self-esteem, cognitive development, and emotional maturity. The present research also indicated an association between authoritarian parenting and decreased self-esteem, lack of self-confidence and low level of happiness and these findings are confirmed by Milevsky, Schlechter, & Keehn, (2007) and Banstola, Ogino, & Inoue, (2020)). Earlier studies found that authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence and self-esteem. These negative child's behaviors are that authoritarian parents offer too much structure without explaining the reasons behind these demands. Usually these parents have little or no communication with their children and do not provide adequate emotional support. They value obsolete obedience and restrict the child's autonomy due to which these children act, fearful and shy in social situations. Due to such parental behavior children of authoritarian homes often feel insecure and anxious with a low self-esteem. The present research further revealed that there is a *highly significant* main effect for the gender of the children, experiencing the three parenting styles, on their self-esteem scores, indicating that boys had significantly higher self-esteem scores. These findings are also confirmed by previous studies which revealed that comparatively girls usually have lower motivational level, are more dependent and have low self-esteem while boys are more self-regulated, seditious, aggressive and generally have high self-esteem (Ahmed, Hussain, 2016; Pazzaglia, et al., 2020).

## VI. CONCLUSION

Parenting is basically aimed at the wellbeing and optimal growth and development of children. As primary caregivers, parents not only exert significant impact on the overall development of children but also influence their present and future emotional health, cognitive and social development, personality formation, character, well-being, self-esteem as well as academic performance. There is no specific measure to classify parents as good or bad rather it is purely subjective. If the parent act in a best possible way in a given situation and uses the best available resources for the well-being of their children then they are the best parents.

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