

PERCEIVED PARENTAL ATTITUDE IN RELATION TO SELF-ESTEEM OF ADOLESCENTS- AN EXPLORATORY STUDY

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Abstract - This study attempts to find out the relation between parental attitudes as perceived by adolescents and their sibling and the relation between parenting dimensions and self-esteem. The parenting dimensions studied were firm control, psychological control and acceptance. The study was conducted among 129 adolescents pursuing undergraduate course and their sibling in Thiruvananthapuram Kerala state. They were administered the CRPBI questionnaire and self-esteem questionnaire. Results reveal that there is no difference in the way parenting is perceived by children of the same family. When adolescents feel that parents give more acceptance the self-esteem is high.

Keywords: Parenting, Adolescence, self-esteem.

INTRODUCTION

Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood, and it refers to the aspects of raising a child aside from the biological relationship. (Hoghughi, 2004).

Parents are often confused as to whether they are too democratic or too strict or whether their parenting style is in the right direction especially when it comes to adolescents. Within the same family there may be differences in personality of children, the parenting styles may differ; there may be comparisons among children etc. This study is an attempt to find out the correlation if any between perceived parental attitude, and self-esteem. For this the parental attitude as perceived by the adolescent and as perceived by his or her sibling were studied together with their self-esteem. The parenting dimension that correlates with high self-esteem has also been studied. It is an attempt through this study, to find out the correlation if any between parental attitudes and self-esteem of adolescents. Self-esteem refers to one's overall worth as a person. The present study is entitled "Perceived parental attitude in relation to self-esteem of adolescents." An exploratory study

HYPOTHESES

1. There are significant differences in parental attitude perception, and self-esteem between adolescents and their siblings in a family.
2. There is significant relation with regard to type of parenting and self-esteem of adolescents.

METHOD

TOOLS

The following tools were used:

- Child's Report of Parent Behavior -Inventory Schludermann (1988)
- Self-esteem inventory - Immanuel Thomas & Sam Sanandaraj (1985).

- Personal Data schedule

a) CRPBI

CHILD’S REPORT OF PARENT BEHAVIOR INVENTORY (CRPBI 30) Shirin and Eduard Schludermann, Department of Psychology, University of Manitoba, Winnipeg,man.Canada,R3T 2N2 .The CRPBI 30 is a shortened version of the 108 item revision by Schludermann and Schludermann (and thereafter called CRPBI -108) of Schaefer’s original CRPBI. The CRPBI -30 was intended to be a short instrument which gives information about the three major dimensions on parenting which is equivalent to the much longer CRPBI 108 namely acceptance, firm control and psychological control .

The CRPBI -30 has 30 questions describing the father and 30 questions describing the mother. The items describing the parents are almost identical with only grammatical adjustments for the parents’ gender.

b) Self-esteem inventory

The Self-esteem inventory is a standardized test developed by Immanuel Thomas &Sam Sanandaraj of Kerala University in 1985.All the items are in the form of self-evaluation descriptive statements. The items are worded in such a way that there are equal numbers of positive and negative items, arranged in a random order. There are 20 statements (in English and Malayalam) in the inventory.

c) Personal data schedule personal details including age, sex, birth order etc. were collected.

SAMPLE

College students pursuing undergraduate course in the age group of 17 to 19 were selected for the study (N=129 males 40 females 89).Their one sibling was also selected as sample. Siblings below 13 years were excluded. The students were selected from various arts and science colleges in and around Thiruvananthapuram city. Cluster sampling method was followed to select samples from different clusters. Initially 200 samples were selected and questionnaires administered after obtaining consent from the participants and following ethical norms. Incomplete and invalid questionnaires were discarded and finally 129 samples were selected for analysis. That is 129 students and one sibling of the sample.

For this study parametric inferential test has been used .The assumptions underlying parametric statistics are that

The score have been randomly sampled from the population.

The sampling distribution of the mean is normal.

The within group variances are homogenous.(Bordens 2006)

The results were subjected to statistical analysis using SPSS software,

RESULTS

The scores of adolescent and sibling were analyzed separately since adolescents were in the age group of 17to 19 but siblings were between age 13 to 20.For this t-test and ANOVA were conducted. The results of the study are thus presented..

COMPARISON OF RATINGS OF ADOLESCENT AND SIBLING IN A FAMILY

In the first step the scores of all the adolescents and their siblings in the sample were compared. To test the hypothesis that there will be difference in the ratings of children in a family t-test was conducted among adolescent and sibling in their ratings of parents and self-esteem scores. Results are given in table 1.

Table 1: Results of t-test: comparison between adolescent and sibling on study variables

SI NO	Variable	Adolescent (N=129)		Sibling N=(129)		t value	Sig level
		Mean1	SD1	Mean 2	SD2		
1	Father acceptance	22.21	4.59	22.6	4.81	-.675	ns

2	Father psychological control	19.13	3.93	19.41	3.52	-.617	.ns
3	Fatherfirm control	19.02	3.56	19.14	3.22	-.291	ns
4	Mother acceptance	23.29	4.70	23.75	4.76	-.790	.ns
5	Mother psychological control	20.59	4.00	19.10	3.44	1.284	.ns
6	Mother firm control	19.28	3.10	19.02	3.70	.535	ns
7	Self esteem	67.00	11.19	68.44	10.64	-1.060	.ns

*ns denotes values are not significant.

When both adolescent and sibling were compared in all their scores using t-tests results revealed that there is no difference in scores in all the variables When their scores are compared the results show that there is similarity among adolescent and sibling in all dimensions Hence the hypothesis that there will be significant difference in parental attitude perception, and self-esteem among children in a family is rejected. In the next step, the variables were analyzed to find out the relation between the variables.

CORRELATES OF SELF-ESTEEM OF ADOLESCENT

The correlates of self-esteem of adolescent is given in the following table.

Variable	Correlation coefficient	%Variance	Significance
Father acceptance	.25	6.25	.01
Father psychological control	-.17	2.56	ns
Father firm control	-.22	4.88	.05
Mother acceptance	.23	5.29	.01
Mother psychological control	-.15	1.96	ns
Mother firm control	-.22	4.41	.05

*ns denotes values are not significant

The table reveals that self-esteem of adolescent has positive correlation with father acceptance, mother acceptance at .01 level of significance and negative correlation with father firm control, mother firm control, at .05 level of significance.

A similar relation between mother's acceptance, autonomy development and good self-concept is highlighted in the study by Lin (2011). It was found that authoritative mothers who provide warmth, support and guidance directly assist adolescent's autonomy development. When strong autonomy is present one will have good self-concept. (Lin 2011).

Self-esteem has small negative correlation with mother and father firm control. Self-esteem is having high positive regard or rating of oneself. It is also necessary for developing a healthy personality. To develop self-esteem parents should try to give acceptance and also ensure that feelings of inferiority be reduced.

CORRELATES OF SELF-ESTEEM OF SIBLING

Here the correlates of self-esteem of sibling is presented.

Table3: Correlation coefficient of self-esteem of sibling with study variables

Variable	Correlation	%variance	Significance
Father acceptance	.243	5.76	.01
Father psychological control	-.094	0.81	ns
Father firm control	-.195	3.61	.05
Mother acceptance	.311	9.61	.01
Mother psychological	-.068	0.36	ns

control			
Mother firm control	-.142	1.96	ns

*ns denotes values are not significant

Table 3 reveals that for siblings the significant positive correlates of self-esteem are father acceptance and mother acceptance. The correlation coefficients are significant at .01 level.

The significant negative correlates are father firm control significant at .05 level

Here it can be seen that parents' acceptance have high positive correlation with self-esteem. The negative correlation of father's firm control indicates that as father's firm control goes up the self-esteem goes down. When the correlates of self-esteem for adolescent and sibling are examined together it can be seen that the correlates are same in both except that in adolescents' mother's firm control also has a negative correlation.

Acceptance by both father and mother also are correlated with self-esteem. Though the correlation is small it is significant at .01 level. When a person feels accepted especially from the most significant people in one's life, value of oneself goes up. It gives one the feeling that he is important not his actions alone. This also implies that adolescents value their parents' acceptance. Often parents feel that their adolescent children do not give importance to them but this finding indicates that they do give importance to their parents.

The findings also signify that when parents give acceptance it can contribute to their positive self-esteem. Inversely it can be seen that firm control by both parents has negative correlation with self-esteem. When firm control is imposed it gives the message that the adolescents are not capable of doing right and that they have to be controlled by imposing. In the long run it can contribute to low inferiority feelings as well as low self-esteem.

Psychological control by parents as well as firm control by mother does not have significant correlation with self-esteem.

MULTIPLE REGRESSION ANALYSIS WITH SELF-ESTEEM AS DEPENDENT VARIABLE

Step wise regression analysis was then conducted to find out the predictors of self-esteem of adolescent from the parenting dimensions. The variables entered were adolescent father acceptance, adolescent father psychological control, adolescent father firm control, adolescent mother acceptance, adolescent mother psychological control and adolescent mother firm control with self-esteem of adolescent as dependent variable. Two predictor variables were identified viz, adolescent father acceptance, adolescent father psychological control.

Table 4: Multiple regression analysis with Self-esteem of adolescent as dependent variable

SI NO	Variable	B	SE	Beta	R	R ²	F	Sig.
1	Father acceptance	.691	.208	.283	.251	.063	7.45	0.01
2	Father psychological control	-.594	.242	-.209	.325	.106		
Constant		63.023	6.091	--	--	--		

The linear combination of the two variables namely adolescent father acceptance and adolescent father psychological control explained a total of 10.6 percent of variance in self-esteem. The multiple correlation R was .325 and R² was .106. The F value obtained from the ANOVA test is 7.452 and it is significant at 0.01 level. This indicates that the model as a whole is statistically significant in predicting self-esteem of the adolescent.

The following regression equation is formulated with the help of obtained B weights and constant value

$$Y = 63.023 + .691 X_1 - .594 X_2$$

Where, Y = self-esteem, X₁ = father acceptance, X₂ = father psychological control.

From the correlation table it can be seen that father acceptance is correlated significantly at .01 level.

When the adolescent perceives high acceptance by father it leads to high self-esteem. Inversely when the adolescent perceives high level of control by father that too psychological it can contribute to low self-esteem.

Here it may be noted that the variables related to father have become more significant. In our society generally fathers have a more authoritative and power related roles. Fatherhood is also associated with security feelings. Therefore when the person with more power gives you recognition and acceptance it gives more value .Motherhood is more associated with love and care aspects.

Coldness from father as well as mother emerged as significant predictors of negative self-esteem in adolescents and that positive parenting styles could enhance positive self-esteem. (Naz 2013) Moreover rejection from father was found to be a significant predictor of conduct problems in adolescents. (George 2011)

The results suggest that although the use of conditional regard may be an alluring socialization approach, the negative psychological and family-relations consequences associated with it argue for the use of a more autonomy-supportive approach.

The parenting variables that predict self esteem in adolescent are father acceptance and father psychological control.

SELF-ESTEEM OF SIBLING

Step wise multiple regression was conducted to find out the predictors of self-esteem of sibling from the parenting variables. The variables were sibling father acceptance, sibling father psychological control, sibling father firm control, sibling mother acceptance, sibling mother psychological control and sibling mother firm control. The analysis revealed one predictor variable, namely Sibling mother acceptance.

Table 5: The results of regression analysis of Self-esteem as dependent variable sibling with parenting variables.

SI No	Variable	B	SE	Beta	R	R ²	F	Sig
1	Sibling mother acceptance	.697	.189	.311	.311	.097	13.643	.000
	Constant	51.871	4.575					

From the results given above it can be seen that the final regression equation for self-esteem of sibling consisted of only one variable, sibling mother acceptance.

The R value is .311 and R² is .097. That is the variable sibling mother acceptance alone explained 9.7 percent of variance in self-esteem. The beta value is .311. From the positive beta value we can infer that sibling mother acceptance has a positive influence on self-esteem of sibling. The F value from the ANOVA test is 13.643 and significance is at 0.01 level. The model as a whole is statistically significant in predicting self-esteem of sibling.

The following regression equation is formulated with the help of obtained B weights and constant value

$$Y = 51.871 + .697X_1 \text{ where } Y = \text{self-esteem of sibling } X_1 = \text{Mother acceptance}$$

When results from correlation table is taken it can be seen that mother acceptance is correlated positively with self-esteem of sibling at .01 level of significance. Effect is 9.61 percent. The importance of maternal acceptance is also highlighted in the studies by (Kumari and Pillai 1993) and (Lien and Yusuf 2007) Further it has been observed in a study by (Sandhu 2012) that maternal acceptance is positively related to identity achievement in both boys and girls. Low maternal acceptance is indicative of lower identity statuses i.e. moratorium and diffusion in boys.

The predictor variable of self-esteem of sibling from parenting variable is mother acceptance.

Overview of results obtained from multiple regression analyses

For Adolescent-Acceptance by father contributes positively whereas psychological control by father contributes negatively to self-esteem.

For sibling-Mother acceptance contributes positively to self-esteem..

COMPARISON ON THE BASIS OF BIRTH ORDER

Comparisons were made on the basis of birth order, first born, second born and third born.

Table 6: Results of one way ANOVA on birth order and adolescent variables

SI NO	Variable	Sum of squares		Mean squares		F	Sig.
		Between	Within	Between	Within		
1	Father acceptance	32.412	2664.937	16.206	21.150	.766	ns
2	Father psychological control	52.24	1930.520	26.120	15.322	1.70	ns
3	Father firm control	64.90	1592.024	32.453	12.635	3.46	.04
4	Mother acceptance	6.951	2818.856	3.475	22.380	.155	ns
5	Mother psychological control	26.121	2025.104	13.060	16.072	.81	ns
6	Mother firm control	9.489	2028.464	4.745	16.099	.29	ns
7	Self esteem	163.097	15664.90	81.548	125.912	.648	ns

*ns denotes values are not significant

One way ANOVA was done to compare the adolescents on the basis of birth order ie, first born, second born and third born with the variables under study. It was found that there is difference in the case of father firm control. To further test this difference post hoc test of DUNCAN was done.

Table 7: Duncan's test for father firm control based on birth order

Sl. No.	Group	N	Mean	Group		
				1	2	3
1	First born	44	19.32	()	--	*
2	Second born	42	19.71	..	()	
3	Third born	43	18.08	()

In the case of father firm control it can be seen that the third born have reported less firm control compared to first born and second born. This may be because in the initial stages of family building and parenting, parents tend to impose more control and give less autonomy to children. As parents mature and get more familiar with parenting tasks and skills they may decrease firm control and permit more autonomy.

CONCLUSION

The adolescent and sibling in a family have rated their parents equally in the three dimensions i.e. acceptance, psychological control and firm control. When the adolescents and their siblings within a family are compared in all the variables i.e. in parenting and self-esteem it can be seen there is no difference in all the variables. Self-esteem is positively correlated with parents' acceptance, the negative correlates is parent's firm control.

High acceptance by father leads to high self-esteem. High psychological control by father contributes to low self-esteem in the case of adolescent. Mother acceptance contributes positively to self-esteem of sibling. Psychological control by father leads to, low self-esteem, Mother's psychological control was not found to have significant effect on the variables. Acceptance by mother contributes positively to, self-esteem of adolescents. Here the effect of father's parenting variables is found to have more effect on adolescents as compared to mother's parenting. Also the effect of father's psychological control is more. So also is father's firm control.

These findings highlight the importance of father's role in parenting in adolescence. It suggests that fathers have to take an active role in parenting of adolescence and that, their parenting dimensions have significant effects on adolescents. Fathers therefore should refrain from using excessive firm and psychological control. This view is supported by (Reeb,2010)

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