



THE EFFICACY OF PARENTING STYLES: AN IN-DEPTH ANALYSIS OF THEIR INFLUENCE ON THE DEVELOPMENT OF ADOLESCENTS' SELF-ESTEEM

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Abstract:

This research delves into the critical phase of adolescence, focusing on its impact on the development of adolescents' self-esteem. It highlights the fluctuating emotional states and interactions adolescents undergo and how these factors can influence their self-esteem. Additionally, the essay examines the role of parenting styles worldwide, particularly through the lens of Baumrind's parenting styles: permissive, authoritative and authoritarian. These styles are distinguished by their levels of responsiveness and demandingness. Present study explores the concept of self-esteem and its significance across various domains of life, including social interactions, cognitive processes, emotional experiences, and behavioural patterns. High self-esteem is associated with greater life satisfaction and acts as a protective factor against negative psychological conditions like depression and anxiety. Furthermore, this research discusses the relationship between parenting styles and how they effect adolescents' self-esteem. Authoritative parenting, characterized by responsiveness and reasonable demands, is found to promote positive self-concepts among adolescents. Permissive parenting, marked by high warmth and low control, also correlates with higher self-esteem in teenagers. In contrast, authoritarian parenting, emphasizing control over independence, is linked to lower self-esteem. The complex interplay of parenting style, self-esteem, and gender is also examined, shedding light on how different genders may respond to various parenting practices. The research the causal relationships and nuances in the influence of parenting styles on adolescents' self-esteem. In conclusion, this essay underscores the pivotal role of parenting styles in shaping adolescents' self-esteem, with authoritative and permissive styles generally yielding positive outcomes. It emphasizes the significance of considering gender dynamics in understanding how parenting practices impact self-esteem during adolescence.

INTRODUCTION:

Adolescence is a crucial time for the formation of a distinct sense of self and identity as well as mental health. Adolescents could go through mood swings, engage in dangerous behaviour, and have arguments with their parents during this period. Their emotional, social, and physical interactions with others, as well as their self-esteem, may be negatively impacted by these traits (Wakefield and Hudley, 2007). Steiger, et al., 2014, stated that self-esteem, which is referred to as one's attitude towards oneself, is crucial for maintaining good mental health and functioning during adolescence. It has been

demonstrated that parental and family variables affect adolescents' fluctuating self-esteem. Peers and parents both play a crucial role in the development of self-esteem during this period.

Parenting practises, or how parents raise their kids, can have a big impact on how teenagers turn out psychologically and how confident they feel about themselves. It has been demonstrated that good parenting practises, such as authoritative parenting, which combines high levels of warmth and support with unambiguous expectations and boundaries, are connected with positive predictors of self-esteem, including academic success and social competence. Contrarily, it has been demonstrated that unfavourable parenting practises, such as authoritarian parenting, which is characterised by intense control and little love, are linked to low self-esteem.

Parenting practises and their effects on adolescents' self-esteem have been extensively researched. These research' findings have repeatedly demonstrated that whereas poor parenting practises are linked to lower self-esteem, positive parenting practises are. This shows that parenting practises are crucial in the growth of adolescent self-esteem (o and Karimpour, 2011). Some of the research results that have been documented in the literature include the following:

- Okunlola et al.'s (2020) study discovered that teenagers who described their parents as authoritative had better self-esteem than those who described their parents as authoritarian or permissive.
- A study by Aremu et al. (2019) found that adolescents who reported having high levels of parental warmth and support had higher self-esteem than those who reported having low levels of parental warmth and support.
- A study by Zakeri and Karimpour (2011) found that adolescents who reported having high levels of parental control had lower self-esteem than those who reported having low levels of parental control.

These findings suggest that parenting styles can have a significant impact on adolescent self-esteem. Parents who are warm, supportive, and provide clear expectations and boundaries are more likely to have children with high self-esteem. In contrast, parents who are controlling, unsupportive, or inconsistent are more likely to have children with low self-esteem. The development of self-esteem during adolescence is a complex process that is influenced by a variety of factors, including parenting styles, peer relationships, and personal experiences. However, research suggests that parenting styles play an important role in the development of self-esteem. Parents who want to promote high self-esteem in their children should strive to create a warm, supportive, and nurturing environment. They should also provide clear expectations and boundaries, and be consistent in their parenting (Zakeri and Karimpour, 2011).

Parenting style across the world

According to Rezvan and D'Souza (2017), parents' parenting practises have a major impact on how well their children's minds are doing. Based on the responsiveness and demandingness characteristics, Baumrind's groundbreaking work from 1966 conceptualised three different parenting styles: permissive parenting style, authoritative parenting style, and authoritarian parenting style. The neglectful or uninvolved style, which also takes responsiveness and demandingness into account, was later added as the fourth type. According to Axpe et al. 2019 and Martínez et al. 2020, the responsiveness dimension includes the methods in which parents show their children love, affection, communication, support, and reasoning.

The component of demandingness, however, focuses on how much parental control, authority, and norm-setting are exercised for the benefit of their children (Perez-Gramaje et al., 2019). Parenting that is authoritarian is characterised by a lack of responsiveness on the part of the parents and a high level of demands. In this parenting style, parents exert control over their kids' autonomy and decide what is and isn't acceptable behaviour (Hoskins, 2014). The authoritative parenting approach, on the other hand, achieves a balance between encouraging independence and keeping a supportive parent-child bond. Parents serve as mentors when children develop their skills and receive high levels of

emotional support (Setiana and Darmayanti, 2020). This teaching method encourages debate and collaboration, helping kids to develop their skills and passions.

Reduced demands and higher responsiveness from parents characterise the permissive parenting style, which results in lower expectations for kids as parents give more care and support. Parents that are permissive support their kids' independence by letting them choose their own activities and make their own judgements. In contrast, a negligent parenting style is one in which parents are not demanding or responsive (Setiana and Darmayanti, 2020).

According to research, a child's cultural background may have a different impact on how parenting techniques are seen by that youngster. Cultural influences have a big impact on how parenting is done and how it turns out. According to recent study, parental socialisation practises that have traditionally placed a strong priority on strictness and demands are being reassessed as unneeded (Pinquart and Kauser, 2018). The necessity for a culturally sensitive approach to understanding how parenting affects child development is highlighted by the unique lens that cultural contexts offer for understanding and evaluating parenting practices.

Self-esteem

Self-esteem is a psychological construct that encompasses an individual's subjective perception and assessment of their own worth and value. It holds significant importance in multiple domains including social interactions, cognitive processes, emotional experiences, and behavioural patterns (Martínez et al., 2020). Numerous studies have provided substantial evidence indicating that self-esteem plays a significant role in influencing behavioural and psychological outcomes. Research studies conducted by Martínez et al. (2020), Perveen et al., (2020), Yun et al. (2019) has consistently shown that individuals who have high levels of self-esteem tend to have higher levels of life satisfaction. Additionally, having high self-esteem acts as a protective factor against the development of negative psychological conditions like depression and anxiety.

Previous studies have consistently shown an inverse relationship between higher self-esteem and fear, anxiety, and depression, while also establishing positive associations with life satisfaction and happiness. Additionally, personal self-esteem has been found to decrease levels of depression and directly correlate with interactions within social groups (Okunlola et al., 2020; Yaghoobi and Motevalli, 2013). Given the significance of self-esteem in emotional and social adjustments, it is noteworthy that parenting practices play a substantial role in shaping an individual's self-esteem (Moon-Seo et al., 2021). The way parents interact with and nurture their children influences the development of self-esteem, ultimately impacting emotional well-being and social adaptation.

Self-Esteem and its effect on adolescents:

Self-esteem tends to rise from adolescence to middle adulthood, culminating around the age of 50 to 60 years, before gradually falling in older age (Moksnes and Reidunsdatter, 2019). Adolescence is a vital time for good mental health. According to studies, self-esteem maintains steady throughout adolescence. Additionally, gender inequalities have been noted, with male adolescents expressing higher levels of self-esteem than female adolescents while girls are more likely to experience anxiety and sadness (Hesari and Hejazi, 2011). These gender disparities are in line with research showing that girls experience slightly higher levels of stress, anxiety, depression, and self-esteem problems than boys (Hesari & Hejazi, 2011).

Furthermore, studies have shown that adolescents with stable, high levels of self-esteem have lower propensities towards hostility and anger. Aggression, on the other hand, has been associated with high levels of self-esteem because aggressive behaviours, like starting fights, frequently call for courage and confidence (Hesari and Hejazi, 2011). Teenagers' self-esteem is significantly shaped by their peer group, especially during the time when they are spending more time socialising with friends and spending time outside of the family. As a result, the adolescent's parental environment and peer pressure are important factors in determining their sense of self. According to Okunlola et al. (2020),

parenting practises have been found to be strongly linked to kids' academic growth and general well-being.

In summary, self-esteem undergoes developmental changes throughout the lifespan, with gender differences observed during adolescence. The influence of peer relationships and parenting styles on self-esteem is critical for understanding adolescent mental health and well-being.

Relation between parenting and self-esteem of adolescents

According to attachment theory, parents have a significant influence on how their kids behave, think, interact with others, and express their emotions. There are three separate parenting philosophies—permissive, authoritarian, and authoritative—were developed by Baumrind in 1966 and have been found to produce diverse attitudes and results in children. The four recognized parenting philosophies at the moment are authoritative, authoritarian, permissive, and neglectful (Okunlola et al., 2020).

High degrees of responsiveness and demands are characteristics of the authoritative parenting style, in which parents offer emotional support to their children and set clear boundaries while fostering independence and mutual respect. In contrast, the authoritarian style exhibits low responsiveness and high demandingness, with parents imposing strict rules and control over their children (Hesari and Hejazi, 2011; Okunlola et al., 2020).

Permissive parenting entails high responsiveness but low demandingness, as parents are lenient and indulgent, allowing children to have more freedom and fewer restrictions. Neglectful parenting, on the other hand, is characterized by low levels of both responsiveness and demandingness, with parents being uninvolved and neglecting their children's emotional and physical needs (Okunlola et al., 2020). These different parenting styles have distinct effects on children's development, shaping their self-esteem, emotional well-being, and social competence. Understanding these parenting styles provides valuable insights into the dynamics of parent-child relationships and their impact on children's outcomes (Hesari and Hejazi, 2011).

Permissive parenting style and adolescents' self-esteem

Low control but strong warmth and acceptance are hallmarks of permissive parenting. It is regarded as an indulgent parenting approach that promotes children's participation in activities, autonomy, and decision-making. Contrarily, self-concept is a psychological construct that captures how an individual views oneself in relation to a variety of characteristics, including motivation, life goals, and behavioural tactics, ultimately leading to self-awareness (Ghoffar, 2019).

The findings that teenagers' development is influenced by the amount of care and parental warmth they experience as children and young adults are supported by longitudinal studies conducted by Harris and Orth (2020). It's interesting to note that studies have found that warm, lenient parenting is linked to higher levels of self-esteem and positive social values in teenagers from Brazil, Spain, and Portugal.

In contrast, Pinquart and Gerke (2019) found that negligent parenting is characterised by parents not being involved in their children's life and having low levels of both responsiveness and demandingness. Adolescents from neglectful households frequently have behavioural issues, use drugs or alcohol, commit crimes, and operate poorly in general across a variety of domains. Both authoritarian and neglectful parenting styles were associated with lower self-esteem among adolescents. Specifically, neglectful parenting was found to have the strongest negative impact on adolescents' self-esteem.

Authoritative parenting style and adolescents' self-esteem:

Being in charge of their children's decisions is a hallmark of the authoritative parenting style. In order to foster children's talents and interests, it entails having conversations with them, with parents serving as mentors (Setiana and Darmayanti, 2020). This fashion represents what the parents want for their kids and encourages the expression of different viewpoints and ideologies.

According to research by Setiana and Darmayanti (2020), authoritative parenting is superior to authoritarian and permissive parenting in terms of helping adolescents develop good self-concepts. They advise parents to raise teenagers using an authoritative parenting approach. In a similar vein, they discovered that 78% of the papers they examined backed up the legitimacy of the authoritative parenting style as a tried-and-true method.

Pinquart and Gerke's (2019) research, however, contradicts the conclusions of the studies stated above because it found only a weakly favourable link between authoritative parenting and self-esteem. To investigate this discrepancy and gain a deeper understanding of how authoritative parenting affects teenagers' self-esteem, more research is required.

Authoritarian parenting style and adolescents' self-esteem:

The authoritarian parenting style is associated with negative outcomes for adolescents, including depression, uncooperativeness, and low self-esteem, which can hinder their decision-making abilities. This style of parenting often leads to maladaptive behaviors and difficulties in adaptation and survival (Banica et al., 2019). When parents are excessively strict and emotional openness is not encouraged, children are more likely to develop low self-esteem. This effect may be particularly pronounced during adolescence when peer interactions play a significant role in shaping self-esteem.

Additionally, studies have shown that adolescents with friendly, loving mothers have higher self-esteem than those with controlling mothers (Pérez-Fuentes et al., 2019). Numerous research have repeatedly shown a negative relationship between parental authoritarianism and adolescents' self-esteem, with greater authoritarianism being linked to lower self-esteem (Banica et al., 2019; Okunlola et al., 2020).

Contrarily, a permissive parenting approach places a great value on acceptance and warmth while exercising less control. It is regarded as an indulgent parenting approach that promotes children's participation in activities, autonomy, and decision-making. Although it gives kids a lot of independence, liberal parenting has benefits and drawbacks. The development of self-awareness is aided by self-concept, a psychological construct that includes a person's evaluation of themselves in relation to a variety of variables, including motivation, life objectives, and behavioural tactics (Ghoffer, 2019).

Impact of Parenting Styles on Adolescents' Self-esteem

The body of research that is currently available on parenting styles, particularly authoritative, authoritarian, and permissive types, has produced insightful findings. The relationship between teenagers' self-esteem and a neglectful parenting style has not been sufficiently studied. It is commonly known that an authoritative parenting style has a good impact on a child's self-esteem. However, Pinquart and Gerke (2019) underline that there is no straightforward relationship between parenting practises and teenagers' self-esteem. In order to determine the potential direct impacts of these associations, it is essential to undertake additional longitudinal research. Self-esteem and parenting style were not found to be causally related in the Bartle et al. (1989) study. It has been emphasizing the need for further examination of the associations between different parenting styles and self-esteem. Criticisms have been raised about the sample size limitations in studies like Rosenberg's (1965), emphasizing the necessity for further research.

To address these gaps, future research should consider observational records of parent-child interactions or interviews that enable a deeper exploration of parenting practices (Pérez-Fuentes et al., 2019). By examining parental behaviors, the influence of parenting styles on the development of adolescents' self-esteem can be better understood. These parenting practices include positive parental approval, parental demandingness that promotes self-competence, and granting autonomy.

It is clear that parents or primary carers play a vital role in improving their adolescents' self-esteem, especially in light of the prior debate on the effect of parenting styles on adolescents' self-esteem. A crucial initial step in this process is adopting suitable parenting practises. Given the growing appreciation for the value of parenting, parents should make learning parenting techniques and

strategies a top priority if they want to protect their kids' physical and mental health. Children can benefit from authoritative, authoritarian, permissive, or a combination of all the three parenting styles, especially during adolescence (Szkody et al., 2021).

Parenting styles have been the subject of extensive research, particularly authoritative, authoritarian, and permissive parenting. However, little study has been done on the relationship between teenagers' self-esteem and inattentive parenting. While Pinquart and Gerke (2019) point out that the association between parenting styles and adolescents' self-esteem is not clear-cut, the authoritative parenting style has demonstrated considerable positive impacts on self-esteem. To ascertain the potential direct effects of these relationships, additional longitudinal investigations are therefore required. Although Bartle et al. (1989) did not discover a causal link between parenting style and self-esteem, there is still a need to investigate the relationships between various parenting philosophies and self-esteem. There have been complaints concerning the small sample sizes used in studies like Rosenberg's (1965), highlighting the need for more investigation.

Future research should take into account observational records of parent-child interactions or interviews that enable a deeper exploration of parenting practises in order to fill in these gaps. By examining parental behaviors, it is possible to better understand the impact of parenting styles on the development of adolescents' self-esteem. These parenting techniques include giving autonomy, providing positive parental approbation, and being demanding in a way that fosters self-competence (Yeung et al., 2016).

It is clear that parents or primary carers play a vital role in improving their adolescents' self-esteem, especially in light of the prior debate on the effect of parenting styles on adolescents' self-esteem. A crucial initial step in this process is adopting suitable parenting practises. Given the growing appreciation for the value of parenting, parents should make learning parenting techniques and strategies a top priority if they want to protect their kids' physical and mental health. Children can benefit from authoritarian, permissive, or a combination of the two parenting styles, especially during adolescence (Szkody et al., 2021).

The Intricate Interplay: Unveiling the Dynamics of Parenting Style, Self-Esteem, and Gender

An important factor to take into account is how gender affects parenting practises and how adolescents' development, particularly their self-esteem, are affected. Different parenting philosophies may be necessary for different genders, and the gender of the parents may also influence the parenting philosophies used. According to research, the parenting techniques of different genders may affect how confident teenagers feel about themselves. For instance, Szkody et al. (2020) discovered that strong mothers were linked to greater levels of female self-esteem, which in turn led to reduced levels of psychological issues. By allowing teenagers to grow in their sense of independence and freedom, permissive parenting by moms may also serve to indirectly increase adolescents' self-esteem.

The study by Patock-Peckham and Morgan-Lopez (2009) indicated that authoritative and permissive fathers boosted both female and male self-esteem, whereas authoritarian fathers decreased males' self-esteem. According to other study, maternally permissive parenting has a favourable relationship with women's self-esteem, whereas maternal style has a negative relationship. However, there is a strong correlation between men' self-esteem and mothers' authoritative or permissive parenting approaches. It's also vital to remember that, in contrast to moms, fathers frequently have more distant ties with their kids. Nevertheless, maternal and paternal parenting approaches have comparable effects on kids' self-esteem (Wall and Arnold, 2007).

Conclusion:

In conclusion, gender distinctions can affect how parenting techniques are used and how both boys and girls react to them. When choosing the best parenting approach, parents should take into account both their own gender and the gender of their teenager because this might affect their self-esteem and general development.

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