

A STUDY TO DETERMINE THE IMPACT OF PERCEIVED PARENTING STYLE ON SELF-ESTEEM AMONG HIGH SCHOOL CHILDREN IN SELECTED SCHOOL AT CHENNAI

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Abstract – Adolescents are an embodiment of our dreams and hopes of the future. Adolescence is a transitional stage of physical, psychosocial and development occurs between childhood and adulthood. Adolescents have many issues to deal with and many choices to make. Some of these include issues that relate to self-esteem and body image, peer relationship, education, and career selection, establishing a set of values and ideas, Self-esteem is a universal need for every human being and a key component in restoring and maintaining mental and physical health. Without positive self-esteem, psychological growth is stunted.

Keywords – Perceived Parenting Style, Self-Esteem, PAQ Scale, Rosenberg SES

I. INTRODUCTION

Adolescents are regarded as one of the most valuable assets of any society. As adolescents grow to be the leaders of the future it is of utmost importance to ensure their psychological well-being and life satisfaction, so that they may emerge as well balanced adults. The variety of possibilities available to adolescents, the choices they make are increasingly complex and confusing and it is therefore very important to provide support to adolescents so that they can prepare for their future. It is a challenge to meet their health needs, because 18-20% of India constitute the age group of between 10-20 years. According to WHO report, it is estimated that 10 – 20% of the adolescents in India have one or more mental or behavioral problem.

Self-esteem is a universal need for every human being and a key component in restoring and maintaining mental and physical health. Self-esteem refers to the degree of regard or

respect that individuals have for them and is a measure of worth that they place on their abilities and judgments. It is largely influenced by the perception of how one is viewed by significant others. It begins in early childhood and vacillates throughout the life span. Children with high self-esteem have confidence in their abilities and judgments and expect to be successful. They are also more independent and self-conscious than their peers with low self-esteem and less likely to be preoccupied with personal problems

Developing children's self-esteem begins with the life of the parents. Self-esteem is the ability to be assured of one's own abilities, talents, worth, value, as well as, having personal acceptance, approval and respect for oneself. Parents' insecurities are frequently injected into the life of their children; therefore, becoming the children's own set of insecurities. Parents' vulnerabilities commonly become those of their children. Parents' strengths and optimism can be an asset for their children. If parents have developed positive habits, self-talk, and perceivable strengths; their children are placed in an advantageous position to develop a positive self-esteem.

1.1 Objectives of the study

The objectives of the study are to:

- Assess the level of self-esteem among high school children.
- Assess the perceived parenting style among high school children.
- Find the correlation between perceived parenting style and level of self-esteem among high school children.

- Find the association between the level of self-esteem and selected socio demographic variables among high school children.

1.2 Methods

Descriptive comparative research design was adopted for the study. The sample consisted of 120 high school children. The samples were selected using stratified random sampling technique. Forty samples each were selected from 8th, 9th and 10th Std. The self-esteem was assessed by using Rosenberg SES and perceived parenting style was assessed by using PAQ scale.

1.3 Results

The findings of the study revealed that 70% of the high school children had normal self-esteem, 22.5% had low self-esteem and 7.5% had high self-esteem. There was significant correlation between perceived parenting style of high school children and their self-esteem score which was evidenced by the calculated 'r value' at '0.05' level of significance. The score of self-esteem of high school children had a positive correlation with father permissiveness ($r=0.489$).

1.4 Conceptual Framework

In this study, application of Maslow's theory indicates that, low level needs are the basic factors of life a high school children whereas self-esteem is a higher level need, thus explains how parenting leads to self-esteem.

II. METHODOLOGY

2.1 Research Approach

In this study, the investigator adopted a non-experimental survey approach. This study aims to find the correlation between perceived parenting style and self-esteem among high school children of a selected high school at Chennai

2.2 Research design

A non-experimental descriptive correlational design was chosen for the present study to find out the relationship between perceived parenting style and self-esteem among high school children.

2.3 Population

In the present study population refers to the high school children, studying 8th, 9th and 10th Classes of high schools

2.4 Sample and sample size

Out of the total population defined, the researcher selected 120 high school children from the selected high school who fulfilled the criteria for the selection.

2.5 Sampling technique

A purposive sampling technique was used to select the high school. Since the selection of sample is to be non-biased, a stratified random sampling technique was used. The high school children classified three strata as 8th, 9th and 10th Std. forty students were selected randomly from each strata, by lottery method.

Sampling criteria Inclusion criteria for sampling

High school children who

1. are willing to participate in the study
2. are cared by their biological parents.

Exclusion criteria for sampling

High school children,

1. who are physically ill.
2. who reside in the orphanages/hostels.
3. whose parents are divorced/separated/expired.
4. whose both or one of the parents are not residing with them.

III. DATA COLLECTION TOOL AND TECHNIQUE

Part-I. Socio Demographic Proforma

Part-II Rosenberg Self-Esteem Scale (RSES) Part-II Rosenberg Self-Esteem Scale (RSES)

Rosenberg's self-esteem scale was used to assess the self-esteem level of high school children. The RSE Scale consists of 10 items with 4 point scale. The score of each option is given as 0, 1, 2 and 3. The maximum score for each item was 3 and minimum score is 0. The level of self-esteem was based on scores as (0-15) low self-esteem, (16-25) Normal self-esteem and (25-30) high self-esteem.

Part-III. Parental Authority Questionnaire (PAQ)

Parental Authority Questionnaire was used to assess the perceived parenting style of high school children. There were two Parenting Authority Questionnaires to assess the Perceived parenting style about father and Mother Separately. The Parental Authority Questionnaire consists of 30 items with 5 point scale. The score for each item is 5 and minimum

score is 1. The 30 questions were divided into 3 different subscales as Permissiveness, Authoritarianism and Authoritativeness. Each sub scale has 10 questions. Each sub scale will be scored 10-50.

IV. RESULTS

The majority of the samples 37%(44) were at the age of 15 years and minority, 1.7% of samples were belongs to the age of 12, whereas about 31.7%(38) were in the age of 13 years and 30% (36) were in the age of 14 years.

Based on sex the majority of the samples 60 % (72) were males and 40 % (48) were females. The 40 samples (33.33%) each were from 8th, 9th and 10th Std.

The majority of the samples 54.2%(65) were belongs to Hindu religion, the 40%(48) were belongs to Christian religion and 5.8% (7)of the samples were belongs to Muslim religion.

The majority of the samples 99(82.5%) were from urban area and only 21(17.5%) samples were rural area. Based on type of family, the majority 98(81.7%)of the subjects were from nuclear family and 22(18.3%) of the subjects were from joint family.

Most of the samples fathers 32.3%(46) were self employed, 0.8%(1) samples fathers were health professionals, 28.4%(34) samples fathers were other professionals, whereas 27.5%(33) of the samples fathers were skilled workers 4.2%(5) of the samples fathers were unskilled worker and 0.8% (1) of the samples fathers were unemployed.

Majority of the samples mothers 44.2%(53) were unemployed, 18.3%(22) samples mothers were self employed, 15.8%(19) of samples mothers were skilled workers, whereas 2.5%(3) of the samples mothers were health professionals,14.2%(17) of the samples mothers were other professionals and 5%(6) of the samples mothers were unskilled worker

Maximum score, mean, percentage, and standard deviation of self-esteem scores of high school children

The percentage mean of self- esteem scores was 61.87% with a mean and standard deviation of 18.56±4.17, which reveals that high school children have overall normal self- esteem

Maximum score, mean, percentage, and standard deviation of perceived father parenting style among high school children.

The percentage mean of father permissiveness scores was 57.6% with a mean and standard deviation of 28.8±2.86, father authoritarianism scores was 60.24% with a mean and standard deviation of 30.12±2.69 father authoritativeness scores was 63.9% with a mean and standard deviation of 31.95±2.9

Table 1: Frequency and percentage distribution of self- esteem scores of high school children. n=120

Levels of self- esteem	Frequency (f)	Percentage (%)
High self- esteem	9	7.5
Normal self-esteem	84	70.0
Low self- esteem	27	22.5
Total	120	100

Maximum score, mean, percentage, and standard deviation of perceived mother parenting style among high school children

The percentage mean of mother permissiveness scores was 62.28% with a mean and standard deviation of 31.14±2.9, mother authoritarianism scores was 54.26% with a mean and standard deviation of 27.13±2.6 mother authoritativeness scores was 65.8% with a mean and standard deviation of 32.9±3.3

Table 2: Correlation between self-esteem and perceived parenting style among high school children.

Sl. No	Perceived Parenting style	r value	df	Result
1	Permissiveness	0.835	118	Positively correlated
2	Authoritarian	-0.728	118	Negatively correlated
3	Authoritative	0.727	118	Positively correlated

p<0.05

The score of self-esteem of high school children had a positive correlation with father permissiveness (r=0.489) and father authoritativeness(r=0.727). It was negatively correlated with father authoritarianism (r=-0.728)

The score of self-esteem of high school children had a positive correlation with mother permissiveness ($r=0.835$) and mother authoritarianism ($r=0.699$). It was negatively correlated with mother authoritarianism ($r=-0.481$)

Association between self-esteem and selected socio demographic variables.

there was no association between the self-esteem score and demographic variables of the high school children, hence null hypothesis was accepted and research hypothesis was rejected. Hence, there was no significant association between the self-esteem score and selected demographic variables at 0.05 level of significance

V. DISCUSSION

The findings of the present study were consistent with a longitudinal study conducted in USA to investigate the effect of parenting style on the level of self-esteem among 120 students from in east Texas. The correlation showed that participants with perceived Authoritative and Permissive parenting styles had significantly ($F(2,111) = 11.09, p < 0.05$) higher levels of self-esteem than those with Authoritarian styles

Implications of the study

Nursing education

To provide effective nursing care in contemporary practice setting, nurses require broad knowledge base or understanding. This knowledge base for nursing practice can be developed through nursing education. Though this concept is included in the nursing curriculum no much emphasis is given to this aspect. There is enough scope for the nurses to participate in counselling programmes such as parental and family counselling. So the curriculum should provide adequate facilities to prepare them as health counsellors, educators, and to develop communication skill using simulation in teaching.

Nursing Practice

The extended and expanded roles of professional nurses emphasise more about the preventive and promotive aspects of health, which promotes the physical, mental and social health of children.

The school health nurses and the community health nurses have the ultimate responsibility in educating and helping the parents in identifying different aspects of parenting and its effect on children's self-esteem and mental health. They must

encourage teachers and parents to participate in school health programmes which will help them to understand the problems of children. The school health nurse and the community health nurse can help the students to resolve their problems and help them to gain a positive self-esteem and well being through health education.

Nursing administration

Even though India is a developing country and many of the health issues are being addressed effectively, adolescents and their problems are not given due importance. So the administrative departments of nursing at the institutional, local, state and national levels should focus their attention to educate the public regarding this commonly faced challenge.

Nursing research

Nurses can conduct more research to further define the children's growth, and emotional and social development in different age groups with a larger sample. More research studies are needed to explore the parental needs and support to deal with various stressors and strategies to cope with them.

Recommendations

1. The same study can be conducted on a larger sample over a longer period of time which might yield more reliable results.
2. An exploratory study may be conducted to identify the attitude of adolescent children towards parents.
3. A similar study can be conducted in primary schools and colleges.
4. Studies can be conducted in children who do not attend schools.
5. An experimental study can be conducted with structured learning programme on knowledge, attitude and practice on parenting styles among parents of school children.
6. The comparative study can be conducted to assess the self-esteem of institutionalised children of different orphanages.

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