



Self-Efficacy and Self-Esteem among Adolescents: Role of Parenting Style

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Abstract

Psychology has developed an interest in parenting styles and how they affect teenagers' psycho-social development. This study aims to investigate the role of parenting style on adolescent self-efficacy and self-esteem. The study was conducted on 140 adolescents from Kerala within the age group of 15-19, in which 70 were boys and 70 were girls. The variables such as parenting style, self-efficacy, and self-esteem were assessed using a scale of parenting style, general self-efficacy scale and Rosenberg's self-esteem scale, respectively. Correlation tests and t-tests were conducted to analyse the information collected using participant scales. Results showed that, parenting style was not found significantly correlated with self-efficacy and self-esteem of adolescents. No significant difference was found between male and females in parenting style, self-efficacy and self-esteem.

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INTRODUCTION

Parenting is a term which is potentially vital and yet difficult to explain. The role of a parent in a child's life is inevitable. They are the first and primary entrusted individuals in a child's life. Word parenting style is taken from the Latin verb 'parere', meaning to "bring forth". One of the important periods of fast physical and mental changes is the stage of adolescence. A problematic growth process may repeatedly lead people to psychological pain and several problems related to mental health.¹

In India parents are basic and important attachment figures for adolescents in the Indian family system and acceptance and rejection of parents in this period plays an important role on the psychological, physical and social health of adolescents and youth. At the stage of adolescence, healthy parenting style and parental emotional warmth always positively affect adolescents' self-efficacy, self-esteem and psychological health; a maladaptive parenting style negatively affects their psychological and emotional well-being.²⁻⁵

As per family system theory, stability, health, either psychological or physical and harmony of whole family system have an important effect on adolescents' growth either it is psychological or emotional or the association of parent and children is a significant subsystem of family system. Parenting styles also impact

the growth of adolescents' well-being through the involvement of family functions.⁶

Bandura explained learning as it happens in a social situation with an active and shared communication of the person, environment, and behavior.⁷ These theories reflect the importance of the individuals surrounding a child. Parenting can be easily understood by understanding the underlying tasks. Bradley enumerated six fundamental tasks namely (a) to provide safety and sustenance to their children (b) to provide psychological health and socio-emotional support (c) supply adequate instruction and stimulation (d) surveillance or monitoring of child (e) to provide structure, like family routines, organization and discipline (f) providing social connectedness.⁸

Parenting Style

Parenting styles can be standard practices or strategies the parents make and execute while rearing their child. Research shows that parenting styles can cause a great impact on a child's psychosocial development. Diane Baumrind was one of the major personalities in psychology to study child-parental relationships. Baumrind studied three groups of school children with different behavior patterns.⁹ The children in the first group were assertive, self-controlled, self-reliant, affiliative and buoyant; second group were discontented, distrustful, and withdrawn; third group were children with low self-reliance or self-control.

By studying the children's behavior patterns, Baumrind introduced three types of parenting styles; 1) The Authoritative style (which was related with self-reliant and assertive child behavior), 2) The Authoritarian style (which was related with withdrawn and disconnected child behavior), 3) The Permissive style (which was associated with low self-reliance and low self-control child behavior). In her later studies, she added a negligent parenting style with the previous styles in which the parent is much uninvolved in the child's life.¹⁰

Two dimensions for parental behavior were developed; 1) parental sensitivity and 2) parental demandingness. Parental sensitivity (warmth, acceptance) refers to "the extent to which parents intentionally foster individuality, self-regulation

and self-assertion by being attuned, supportive and acquiescent to children's special needs and demands".¹⁰ Responsive parents show affection, encourage, praise and make the child aware if they misbehave and properly correct them. Whereas less responsive parents criticize, ignore and punish the child for misbehavior without proper communication. Parental demandingness (control) is defined as "the claims parents make on children to become integrated to the family whole, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys".¹⁰ Controlling parents make rules, demand the children obey them, and monitor whether they follow them. Whereas less controlling parents allow autonomy, give freedom to express their views and allow making decisions. The researchers have given four parenting styles as per the level of score on two dimensions. These four are authoritative, authoritarian, indulgent, and uninvolved.¹¹

Self-Esteem

"Self-esteem is one's positive or negative attitude toward oneself".¹² It is the overall perception of attitude that we have towards ourselves. It is the evaluative part of our self-concept. According to Adler and Stewart, self-esteem is an individual's whole sense of value or importance.¹³ Individuals with high self-esteem respect their worth and consider that as worthy. A self-esteemed person has a clear knowledge about their abilities, skills and social relationships.

Self-esteem plays a major role in everyone's life. The self-esteem of each individual grows from childhood to adulthood. The psychosocial circumstances of development can influence one's level of their self-esteem. A person grown with affection and attention in childhood develops high self-esteem, while a person who experiences harsh criticisms and abuse in childhood develops poor self-esteem.¹⁴ High self-esteem improves one's social relationships. They also can achieve their goals more since they have faith in their abilities.

Self-esteem has been interpreted and explained using various theories. Theory of hierarchy of needs proposed two forms of esteem; need for self-esteem and the need for respect from others. The

theory states that, satisfaction in one's self-esteem allows them to feel confident and worthy while those lack self-esteem feel less confident, inferior and helpless when coping with any tasks. Terror management Theory proposes that, due to death anxiety, people protect their worthiness and self-esteem and to believe that they live a meaningful life. They adopt world views. High self-esteem enhances well-being, personal growth and positive affect. Sociometer theory intends that self-esteem is a psychological and emotional gauge of the point to which individuals observe that they are valued with their relation and accepted socially by their significant others.¹⁵ According to this theory, individuals find self-esteem important due to the reason that, it serves as a measure of social appeal.

Self-Efficacy

Self-efficacy is referred as the confidence of a person's capability to realize a goal or complete a task. It is the belief of people that they can execute certain tasks or activities effectively. The concept of self-efficacy came to popular after the work of Albert Bandura. It is the core aspect of his social cognitive theory. Bandura postulated that coping behavior initiated by an individual during a stressful or challenging situation is influenced by perceived self-efficacy. Perceived self-efficacy is people's insights of their abilities to attain the desired levels of performance that may affect events in their life. He also argued that self-efficacy beliefs determine the behavior type and amount of effort individuals put in to achieve a goal.¹⁶

Bandura explored four major sources for self-efficacious beliefs: Mastery experiences (Successful experiences usually always boost self-efficacy, while experiences of failure undermine it), vicarious experiences (When we see people similar to us getting succeed, the observer generates a feeling that, they shall also succeed and hence enhances the self-efficacy or vice-versa), verbal persuasion (A persuaded person puts more effort on any works than a person with self-doubts. The guidance, encouragement, and appraisal of others boost the self-efficiency of a person. Unrealistic appraisals lead to failures and disappointments) and psychological/emotional states (Positive emotional arousals

enhance the performance while negative emotional arousals affect the performance. Negative mood reduces self-efficacy and positive mood increases self-efficacy).⁷

Review of Literature

A study on the impact of parents' parenting techniques on their children showed that authoritarian parenting style causes children to engage in undesired activities and become rebellious due to the parents' power and control over them. It was also discovered that having an authoritative parenting style was beneficial to the children.¹⁷

Effect of nature of parenting on self-worth and parenting growth of Japanese students explored by the some researchers. It was evident with the study's findings that parenting style with authoritative nature was associated with self-esteem and personal growth of the individual.¹⁸ A similar study explored that psychological flexibility may be predicted by the parenting style of adolescents and children.¹⁹ Permissive and authoritative type of parenting styles found to be related with the self-efficacy on the other hand parenting type with authoritative nature exhibited negative correlation with self-efficacy of adolescents.²⁰

A study was conducted to explore the role of gender in the association of different parenting style, hardiness, and self-efficacy of children. Paternal authoritative parenting is highly connected to hardiness and better self-efficacy in teenagers and adolescents. When boys see their father as highly authoritative, the results show that they develop better self-efficacy than girls.²¹ A similar study by some psychologists and they found correlation between different parenting styles (authoritative) and self-efficacy and coefficient was found significant. In contrast, controlling and liberal parenting styles had no effect on self-efficacy.²²

In a study on different types of styles of parenting and their effect on self-esteem was done by psychologists. The results of the study showed that in self-esteem, different was found significant between different parenting styles and the negative association was found on parenting styles and self-worth. Authoritative nature of parents had a

significant negative association with adolescent self-worth.²³

Researchers executed one study of nature of parenting and the impact on self-worth revealed that significant difference was not found between commanding and permissive parenting in terms of self-esteem of adolescents, and a significant negative correlation was found with tolerant parenting and adolescent self-esteem, while authoritative parenting style had a significant negative correlation with adolescent self-esteem. Significant difference also not found in the results between male and female.²³ In contrast, in 2015 a study revealed a strong significant correlation of different types of nature of parenting styles and adolescents self-worth. Authoritarian parenting practises were linked to poorer self-esteem, whereas authoritative and permissive parenting techniques were linked to higher self-esteem.²³ Similar to this a study explored the significant association between different parenting styles and self-esteem of adolescents, with a substantial strong association between authoritative nature of parenting and self-worth.²⁴

A comparative study was done on role of different parenting types on self-efficacy and self-worth of college students. Result shows that parents with authoritative nature had children with high self-efficacy and better self-worth and they have shown less attachment for home and exhibited good adjustment qualities.²⁵

Rational of the Study

Parents play a major role in psycho-social adjustment of adolescents. Psychologists were actively involved in researching parent-child relationships. The concept of parenting styles came to light after the works of Baumrind¹ and Maccoby & Martin.¹¹ Several researches were then conducted on parenting styles. But due to the less number of published instruments for measuring four Baumrind parenting style, most of the studies were conducted based on three styles initially proposed by Baumrind. In this study, the researcher measures all four parenting styles. Variables such as self-efficacy and self-esteem were chosen in regard to the importance in the development of an individual. In the modern era, current study also brings the importance of

rearing children to the limelight. The study can help the persons preparing for parenthood as well as caretakers to realize the aspects of parenting styles and their outcomes which can yield better development of a child. On the basis of the purpose of the study, the following objectives and hypotheses have been formulated in the present study.

Objectives

1. To assess and compare the gender difference on parenting styles, self-efficacy and self-esteem among adolescents.
2. To explore the association of parenting styles, and self-efficacy with adolescents' self-esteem.

Hypotheses

1. There would be significant gender differences in the different types of parenting styles.
2. There would be significant gender differences on level of self-efficacy.
3. There would be significant gender differences on the level of self-esteem.
4. Parenting styles would be significantly correlated with the self-efficacy of adolescents.
5. Parenting styles would be significantly correlated with the self-esteem of adolescents.

Method

Research Design

A Correlational design was used to explore the role of different parenting styles on self-esteem and adolescents self-efficacy. The data was collected using convenient sampling by online survey.

Sample and Procedure

The present study was done on 140 adolescents (70 males and 70 females) aged 15-19 years from the state of Kerala. Adopted, orphan and divorcee parents' adolescents were excluded from the study. Limiting the population only to the state of Kerala was due to the outbreak of the Covid-19 pandemic. However, researchers has intended to take the samples from some states of north and some from south India. Since lockdown was imposed and was advised to stay in the respective States, researchers could only collect the samples from the state of

Kerala. Researchers aimed to explore adolescents' perspectives on their parents' parenting styles. The parenting style questionnaire examined the perceived parenting style of adolescents. Therefore, responses on parenting style was obtained from the adolescents.

Data was accumulated using an internet survey to compare the variables. 3 set of questionnaires was transformed into an online form using Google Forms and were circulated among targeted samples by creating a link via any social media platform such as WhatsApp, Instagram and Facebook. The form consists of 5 sections which are: Section A, which seek for inform consent; Section B seek the demographic details of the respondents, including gender, age, current place of resident; Section C was for Scale of Parenting Style (38-items); Section D was for General Self-Efficacy Scale (10-items) and section E was for Rosenberg Self-Esteem Scale (10-items). First and foremost, informed consent was acquired before the instruments to ask for their permission to participate in the study voluntarily. If the participants agreed to participate in the study, they were allowed to answer the questionnaire in the subsequent section. The data accumulated was then analysed using appropriate statistical method. As mentioned above, the data collection was done online by sharing the link of the questionnaire through online groups of different schools in the state of Kerala. Due to lockdown of Covid-19 pandemic, getting informed consent from each student's parents was impossible. The informed consent was taken from the head of the school and from the respective class teachers for which questionnaire was examined by authority and all the ethical guidelines developed by the American Psychological Association (APA) was followed. As this study was conducted using a questionnaire and the items examined by the school authorities and researchers, ethical approval was not required.

Measures

Scale of Parenting Style

The scale has been standardized²⁶ to assess the different parenting styles of adolescent. The scale has total 38 items, of which 19 items for parental

control and 19 items for parental responsiveness. The participants were asked to respond on the five point scale. This scale has accepted reliability and validity as the validity were found to be 0.80 and .076 for responsiveness and control subscale, respectively. The test-retest method was used after a one-week delay for the reliability coefficient and 0.83 was for control, while it was 0.81 for responsiveness.

General Self-Efficacy Scale (GSE)

This is one of the highly used self-report tool developed by Schwarzer & Jerusalem in 1965²⁷ for measuring the perceived self-efficacy of an individual. The measure consist of 10 items for the age group above 12. The responses were made on a 4-point Likert-type scale and score of full scale ranges from 10 to 40. The reliability coefficient was ranged from (Chronbach alpha) 0.76 to 0.90. The criterion validity was documented in several studies and the scale correlated to emotion, work satisfaction, optimism and negative coefficients - depression, stress, health, burnout, complaints, and anxiety.

Rosenberg Self-Esteem Scale

A popular tool for assessing self-esteem that have been developed by Morris Rosenberg in 1965.²⁸ The 10-item self-report measure has responses that range from "strongly agree" to "strongly disagree" on a 4-point scale. It is a one-dimensional scale. The scale showed high ratings in reliability. The reliability coefficients of the scale was ranged from 0.77 to 0.88 and the test-retest reliability ranged from 0.82 to 0.85.

RESULTS

Based on the objective of the study, descriptive analysis applied (mean, standard deviation (SD)) and inferential statistics (correlation and t-test) were also carried out.

The present investigation aimed to explore the role of parenting style on adolescent self-efficacy and self-esteem. The data obtained from internet survey were analyzed to test the objectives using descriptive and inferential statistics. The obtained results are presented in Tables 1 and 2.

Result presented in table 1 showed that significant

Table 1: Mean, SD and t- values of Male and Female on Self-efficacy, Self-esteem, and parenting style

Measures	Male		Female		df	t-test
	Mean	SD	Mean	SD		
Self-esteem	29.01	6.14	28.81	6.30	138	.192
Self-efficacy	29.01	5.23	27.56	5.39	138	1.624
Parenting style	154.33	22.70	156.86	18.34	138	-.725

difference was not found in self-esteem $t(138) = .192$) between male and female participants. The mean scores of male participants ($Mean = 29.01$, $SD = 6.14$) found high level of self-esteem than female participants ($Mean = 28.81$, $SD = 6.30$). Also significant difference was not exhibited between male and female participants on self-efficacy $t(138) = 1.624$). Above table also depicted that male participants ($Mean = 29.01$, $SD = 5.23$) tend to have higher self-efficacy levels than female participants ($Mean = 27.56$, $SD = 5.39$).

The above descriptive table shows that, significant difference was not revealed between male and female participants on parenting styles measure ($t(138) = -.725$). Female participants ($Mean = 156.86$, $SD = 18.34$) scored more on parenting styles than male participants ($Mean = 154.33$, $SD = 22.70$).

Results presented in table-2 shows positive correlation association of self-esteem with different styles of parenting but the coefficient was not found significant and self-efficacy exhibited positive and significant association with the self-esteem of adolescents ($r = .47^{**}$)

DISCUSSION

The present research was done to explore the gender difference on types of parenting styles, self-self-esteem and self-efficacy and to examine the association of different parenting styles and self-efficacy with the adolescents' self-esteem. The first hypothesis of the study was 'there would be significant gender difference on self-esteem,' was rejected, as a significant difference was not found. This finding was not supported by the previous studies, which states that male participants generally higher self-esteem than

Table 2: Correlation Coefficients of Self-esteem, Self-efficacy with parenting style of adolescents

Variables	Self-esteem	Self-efficacy	Parenting style
Self-esteem			
Self-efficacy	.470**		
Parenting style	.048	.006	

** Correlation is significant at .01 level.

female participants, especially in those areas where gender equality was high.^{18,29}

The second hypothesis of the study was 'there would be significant gender difference on level of self-efficacy,' was rejected by the findings of this study. Although male participants scored higher on self-efficacy than female participants, significance was not found. Previous studies have also not been consistent with this finding, which stated that female participants displayed high on self-efficacy than male.³⁰

The third hypothesis of the study was also rejected as the gender difference was not exhibited on different types of parenting styles and this finding was not found related with previous literature studies conducted on parenting styles. Earlier findings have shown that types of parenting are predisposed in their parenting style that depends on the gender of the child. Physical punishment was mostly used for male on the other hand, females were given more reasoning.^{9,30}

The fourth and fifth hypothesis that there parenting styles would be significantly and positively correlated with the self-efficacy and self-esteem of adolescents was partially accepted. Self-efficacy was found positively and significantly correlated with adolescents' self-esteem and parenting style was not found to be significantly associated with self-esteem. Previous studies predicted a high or moderate significant relationship of parenting style with self-efficacy and self-esteem, but the results were not consistent in this study. Reason for this, cultural differences may have influenced the results. The survey was conducted online during the Covid-19 pandemic lockdown period, which may have influenced the adolescents' emotional states while responding on the questionnaires and may have been prone to biases.³⁰

Implications of the Study

This study may help understand the nature and characteristics of parenting styles, self-esteem and self-efficacy which guide the counsellor and health care practitioner of the area of health psychology to develop the intervention to make parents aware of parenting styles. Intervention may be planned to strengthen self-esteem and adolescents' self-efficacy. The findings of the study may be useful in developing family and peer-based interventions. Parents in a family are the primary source of the many basic and psychological needs. They save and protect us from many negative forces that exist around the child or adolescents. The study shall be benefitted to those who underestimate parenthood. The study may be useful in future research about parenting developmental studies.

Limitations and Recommendations for Further Research

The present study has significant limitations and potential future implications that should be taken into consideration.

First of all, all measures were based only on the perspectives of adolescents, and the assessment of parenting styles was based solely on self-reported questionnaires. Future research might focus on adolescents' perceptions and parents' perspectives on parenting style characteristics.

The distribution of the questionnaires to adolescents within a defined age range and geographical location is another study limitation. Depending on their children's ages, some parents might employ a different parenting style at varying stages. This limitation will raise more concerns about the results' generalizability.

Additionally, the complexity of parenting and parenting style may not affect the students' self-efficacy and self-esteem. For example, teachers, friends, and achievement motivation all influence students' self-esteem and self-efficacy. Therefore, to address the gaps in the literature on this topic, additional research on the limitations of this study is required in the future.

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