

## **Impact of Parenting Styles on Adolescents' Self-Esteem in Relation with Demographic Variations**

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### **Abstract**



*Present research was conducted to explore the impact of parenting perceived styles on self-esteem of the adolescents studying in the Public and Private sectors schools at secondary level. Main focus was on demographic variations of gender, age and family income. The main was to measure the impact of perceived parenting styles on self-esteem of adolescents studying in the public and private sectors schools in relation with demographic variation of age gender, grades, future goals and sector. Study was delimited to public and private secondary school located at Attock, Rawalpindi Hafizabad and Lodhran only. The population of study was encompassed of all science students at secondary level. Findings from current study supports the effect of parenting styles impacts on adolescents' self-esteem, along with demographic variation also plays a significant role in determining this role. Findings of the present study would be of great importance for educational institutions, adolescents and their parents. Teacher would be able to create learning surrounding that covers aspects which likely will enhance the motivational level of adolescents. Results may motivate adolescents in the understanding of the causes which are hindering their success (low self-esteem). Parents of the adolescents can also get guidance can to amend their parenting style if some faults persist in their contemporary parenting styles.*

**Keywords:** Parenting Styles, Adolescents' Self-esteem and Demographic Variations

### **Introduction**

Adolescent is a crucial period of life in which person undergoes various changes in psychosocial, behavioural and emotional developments. This is a period of transition from adolescence to adulthood. In this period numerous factors, including their personality, emotions, life experiences at home, especially their interaction with parents play vital role in their grooming. The importance of parental involvement in children and adolescent's upbringing, development, and elegance has long been recognized by various theorists (Lerner & Steinberg, 2004).

The child-rearing practices and interactive behaviors which have been developed and implemented by parents are referred as parenting styles. There are different parenting styles adopted by parents according to circumstances. Parenting styles usually are conceptualized along two dimensions: parental demanding and parental responsiveness, which can be combined to create four categories of parenting, authoritative, authoritarian, indulgent or permissive, and indifferent or neglecting. Parenting is a process of nurturing a child right from the birth and onwards. Parents and families have the most pivotal and long lasting influence in children's lives. Parents and children give and receive love and pleasure from each other in a family. Family is the most fundamental structured environment in which a child lives. The major participants of this fundamental unit are the parents and the children. Parents serve as role models which are lovingly and automatically copied by their child. Love is vital in this relationship, love and affection is a reciprocal relation which results in promoting pleasure and self-worth. Parents who master this parenting technique of "love and affection" bring up healthy and good natured off springs who contribute to the wellbeing of the society. Some parents combine affection with firm authoritative attitude. Such parents are more likely to have healthy, creative, cooperative and strong willed happy children. But this parenting style can sometimes adversely affect the child's self-esteem as it is consistent and punitive, it lacks warmth and interaction.

With the advancement in years the parenting style needs to undergo various challenges resulting from physical, social and cognitive changes. These are the child's formative years in which they are subject to many influences predominant in their internal and external environment. Such

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influences come from parents, teachers, peer groups, media and ethnic and religious norms that are prevalent. Being aware of these influences and their impacts help both adolescents and their parents to should absorb and adapt to these changes and thus avoid becoming victims of developing inappropriate behaviors. Actually inappropriate behaviors or mental health problems account of about 70% of disability adjusted life years among teens and up to 25 years old youths all around the world. Resultantly their quality of life is affected. Adolescent mental health is a definite determining factor in their quality of life as grownups (Chen et al., 2006).

In conjunction with the effects of parenting styles on academic performance, students' motivation and self-esteem may also contribute to academic success. In psychology self-esteem basically refers to a person's assessment or appraisal of his or her own worth (Knox & Schacht, 2012). From the educational perspective, 'self-esteem' is a noteworthy case as it is currently considered a universal quality of utmost importance for personal well-being within educational success and popularity (Turner et al., 2009). A family environment created by a particular parenting styles may also influence one's general sense of self-esteem. Self-esteem has been defined as the belief in one's capabilities to organize and execute courses of action required to produce given attainments (Bandura, 1997). Harter (2006) stated that foundation of self-esteem is laid early in life, so the role of parenting in self-esteem development has been focused much by psychologists. Self-esteem has been shown to be influential in the actions and success of individuals in many different areas, including overcoming fears, success in the workplace, hard life transitions, and academic performance (Bandura, 1997; Chemers & Garcia, 2001). Parents who support their children's ideas are related positively to higher self-esteem and parents who are exerting harsh or uninvolved parenting style leading children towards lower self-esteem. This research aims to study the impact of perceived parenting styles on self-esteem of the adolescents keeping in view demographic variations.

#### **Theoretical Framework parenting styles**

Parenting practices came into emphasis at the beginning of the twenty-first century (Caporella, 2007). Because it has an impact on children's and teenagers' development, which is necessary for the future, this subject is important to society. Effective parenting strategies can have positive influence on a variety of aspects of their development. Baumrind (1991) distinguished between four approaches of parenting, which were called as parenting styles also known as consistent patterns of parental behaviour and attitudes through which parents interact and deal with their offspring (Baumrind, 1966).

- i. Authoritarian parenting styles:** Authoritarian parents are rigid and controlling, and demanding a lot from their children without offering warmth and respond to children needs.
- ii. Authoritative parenting styles:** The authoritative parent sets high expectations; they are responsive to their children needs. They are flexible in listening to their child needs. They are also responsive in giving advice to their children.
- iii. Permissive parenting styles:** Permissive parents offer plenty of warmth without limits and boundaries. Children are allowed to do whatever they like. Such parenting style produces children who are prey of self love and superiority complex. Later on this style leads to outgrowth of rebellious personality.
- iv. Neglectful parenting styles:** Parents which are exhibiting neglectful parenting styles are less responsive and less demanding. Children with neglectful parents have several negative developmental outcomes.

#### **Self-Esteem**

Self-esteem is a one's appraisal or assessment of his or her own self worth. In the perspective of psychology, it is a universal psychological quality of great importance for a person's well-being in terms of social and personal behaviors. For the measurement of self-esteem the Stanley Coopersmith (1968) had measured self-esteem along a continuous scale with questionnaires (Madsen, 2014). Coopersmith scale is a scale to assess the self-esteem of students.

The relationship between parenting and self-esteem of an individual is likely to be reciprocal (Rosenberg, 2015). Thus, families and parenting styles play important role in facilitate or inhibit development of individual's self-esteem (Warash & Markstrom, 2001). There are a multitude of factors which can affect self-esteem but arguably none is more significant than the family. Certain parental attitudes have been found to effect self-esteem (Mruk, 2006).

### **Significance of the Study**

Findings of the present study would be of great importance for educational institutions, adolescents and their parents. It will be helpful for teachers in managing problems of students' learning as well as overcoming learning difficulties among students. Teacher would be able to create learning surrounding that covers aspects which likely will enhance the motivational level of adolescents. Results may motivate adolescents in the understanding of the causes which are hindering their success (low self-esteem). Parents of the adolescents can also get guidance can to amend their parenting style if some faults persist in their contemporary parenting styles.

### **Statement of the Problem**

Present research designed to measure the impact of perceived parenting styles on adolescents' self-esteem. Role of parents are vital in adolescents' life, parents through their personality, motivation, attitude adopts certain parenting styles which ultimately impact hidden aspects of their children self-esteem. Self-esteem plays leading role in the successful life journey of the adolescents. Parents' role and their rearing practices are playing significant role is shaping the destiny of their children, in addition to these, various demographic variables like, age gender, grades, future goals and sector are also playing roles in detaining self-esteem of the adolescents.

Problem of this study was to explore the impact of perceived parenting styles on self-esteem of adolescents in relation with demographic variations.

### **Objectives of the Study**

1. To measure the impact of perceived parenting styles on self-esteem of adolescents studying in the public and private sectors schools in relation with demographic variation of age gender, grades, future goals and sector.
2. To find out the relationship between parenting styles on self-esteem in the context of adolescents studying in the secondary school of public and private sectors schools.

### **Population**

All students studying at secondary level at private and public sector schools of Rawalpindi, Attock, Hafizabad and Lodran. Data was collected through stratified random sample technique by dividing population in two subgroups private and public sector.

### **Sampling Technique**

Population of present research study was comprised of two distinct groups: private sector and public sector therefore, data were gathered through stratified random sample technique by dividing population into two main groups.

For data collection probability sampling technique was used and data were extracted randomly from each group of the population, in this sampling, each and every element of the entire population has an equal chance of being selection by distributing population among two strata, one is students of the public sector schools and other one students of private sector schools located at Rawalpindi, Attock, Hafizabad and Lodran only.

### **Unit of Analysis**

In this research study data were collected from secondary school students of science groups of public sector and private sectors schools therefore; unit of analysis was comprised of male and female secondary level science students.

### **Measures**

The current study set out to determine how perceived parental behaviours impacted both teens enrolled in private and public schools in terms of self-esteem. In order to gauge the extent to which perceived parenting styles have an impact on self-esteem, two separate standardized questionnaire measures from the Coopersmith theory of self-esteem and the Baumrind theory of parenting styles were used in this study. Using the Baumrind scale of parenting styles, the students' perceived parenting practices were assessed. Coopersmith's Self-Esteem Scale was used to measure the students' self-esteem. The tools were translated into Urdu to help secondary school students comprehend the statements on the questionnaire.

Detail of questionnaires used is as under:

1. Parenting styles Questionnaire for students: in this study for the measurement of parenting styles, Baumrind scale of parenting styles was used, originally it was based on thirty items and four subscales.

2. Cooper smith's Self-Esteem Scale for students in this study for the measurement of self-esteem  
Cooper smith's Self-Esteem Scale was used for the measurement of self-esteem of the students. Originally, it was based on 58 items and five subscales.

### **Sample**

Data was collected from Participants included the secondary school science students' male and female of public and private sector at the age of 14 to 17 onwards with father income from 50,000to 100000 and above.

### **Procedure**

It was a descriptive &co relational study in nature, in which data was collected through research questionnaires from 1050 adolescents studying at secondary level. Collected data was analyzed coded and tabulated through SPSS.

### **Results**

#### **Content Validity**

Content validity of research questionnaires used in research was determined, through experts' opinion, for this group of three experts amongst hem two experts were PhD in education and one PhD in Applied Psychology. They all were contacted individually and requested to scrutinize every item of each questionnaire in relation with its inclusion in the questionnaire keeping in view our local cultural context. Along with this expert were also asked for appraisal of questionnaires in terms of coverage of behavioral domains under deliberations. Experts reviewed thoroughly and recommended to use in research.

**Table 1**

**Split half Reliability of *Baumrind Scale of parenting styles 930 items*)(N=1050)**

<b>Part 1</b>	<b>15 items</b>	<b>.69</b>
<b>Part 2</b>	<b>15 items</b>	<b>.72</b>
<b>Between forms</b>		<b>.70</b>

Table no 1 shows the split half reliability of Baumrind scale of parenting styles, this questionnaire consisted of 30 items, first part consisted of 15 items, whereas part II consisted of 15 items. Reliability of part I is .69 and reliability part II is .72, between form reliability index is .70.

**Table 2**

**Split half Reliability of the Cooper smith's Self-Esteem Scale for students (58 items)(n=1050)**

<b>Part 1</b>	<b>29 items</b>	<b>.76</b>
<b>Part 2</b>	<b>29 items</b>	<b>.78</b>
<b>Between forms</b>		<b>.79</b>

Above table shows the split half reliability of Cooper smith's Self-Esteem Scale for students, this questionnaire was consisted of 58items, each part consisted of 29 items. Reliability of part I is .76 and reliability part II is .78, between form reliability index is .79.

**Table 3**

**Mean and Standard Deviation of Public and private sectors secondary school students' scoreson parenting styles Four Factors Questionnaire in relation with variable age (n=1050)**

<b>Subscales</b>	<b>14 years(N=336)</b>		<b>15 years(N=414)</b>	
	<b>M</b>	<b>SD</b>	<b>M</b>	<b>SD</b>
<b>Authoritarian</b>	14.7	8.3	16.2	3.0
<b>Authoritative</b>	10.3	5.7	12.3	5.0
<b>Permissive Neglectful</b>	19.6	3.1	19.7	3.2
	20.5	3.2	21.3	5.1
<b>Total</b>	65.1	20.3	70.5	16.3
<b>Subscales</b>	<b>16 years(N=212)</b>		<b>17 years(N=88)</b>	
	<b>M</b>	<b>SD</b>	<b>M</b>	<b>SD</b>
<b>Authoritarian</b>	16.6	3.2	18.5	3.2
<b>Authoritative</b>	7.8	2.1	7.5	3.5
<b>Permissive</b>	19.3	3.6	19.5	3.6
<b>Neglectful</b>	20.5	5.2	22.1	5.3
<b>Total</b>	64.2	14.1	56.6	15.6

Above table described the mean and SD of respondents scores on parenting styles questionnaire on the variable age. From this table it can be seen that younger adolescents are

experiencing more authoritative parenting styles as compared to older ones, neglectful parenting styles perceived more in the students aged 17 and above.

**Table 4**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on self-esteem Questionnaire in relation with Age (n=1050)**

Subscales	14 Years	15 Years		SD
	Mean (N=336)	SD	Mean (N=414)	
General Self	57.9	9.2	63.0	8.8
Social self-peers	26.5	4.8	27.4	5.7
Home Parents	20.8	4.6	20.4	8.7
School Academics	23.4	4.5	24.3	4.2
Lie scale	9.8	2.4	10.4	2.2
<b>Total</b>	<b>138.4</b>	<b>23.5</b>	<b>145.5</b>	<b>29.6</b>
Subscales	16 years(N=212)	17 years(N=88)		SD
	Mean	SD	Mean	
General self-	63.0	9.3	62.5	11.5
Social self-peers	27.4	4.5	27.1	5.3
Home Parents	20.6	4.7	20.9	5.4
School Academics	24.5	5.4	23.3	4.1
Lie scale	10.0	2.5	9.9	2.8
<b>Total</b>	<b>145.5</b>	<b>26.4</b>	<b>143.7</b>	<b>29.1</b>

Above table highlighted the mean and SD of respondents' self-esteem scores in relation with variable age. Table depicted that adolescents whose age ranged from 15 to 16 years have higher self-esteem than adolescents of other age groups.

**Table 5**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on parenting styles Four Factors Questionnaire in relation with Variable gender (n=1050)**

Subscales	Male (N=648)		Female (N=402)	
	M	SD	M	SD
Authoritarian	18.3	3.1	15.8	3.9
Authoritative	7.8	2.1	10.5	2.1
Permissive	19.9	3.3	18.9	3.3
Neglectful	23.4	5.3	20.7	5.2
<b>Total</b>	<b>69.4</b>	<b>13.8</b>	<b>65.9</b>	<b>14.5</b>

Above table described the mean and SD of respondents scores on parenting styles questionnaire on the gender. From this table it can be seen that male adolescents are experiencing more authoritarian, neglectful and permissive parenting styles more as compared to female.

**Table 6**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on self-esteem Questionnaire in relation with variable Gender (n=1050)**

Subscales	Male		Female	
	Mean (N=648)	SD	Mean (N=402)	SD
General self-	60.0	8.7	60.0	11.0
Social self-peers	27.4	4.6	26.9	4.9
Home Parents	20.4	4.3	20.6	5.1
School Academics	20.7	4.8	24.0	4.8
Lie scale	10.2	2.3	9.8	3.7
<b>Total self-esteem</b>	<b>138.7</b>	<b>24.7</b>	<b>141.3</b>	<b>29.5</b>

Above table highlighted the mean and SD of respondents' self-esteem scores in relation with variable gender. Table portrayed that male adolescents have lower self-esteem as compared with female adolescents.

**Table 7**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on parenting styles Four Factors Questionnaire in relation with variable GOALS (n=1050)**

Subscales	Intends to serve in public sector(N=417)		Intends to serve in PrivateSector (N=58)	
	M	SD	M	SD
Authoritarian	18.7	3.0	15.9	3.9
Authoritative	7.7	3.3	7.1	2.1
Permissive	22.7	3.1	18.1	4.9
Neglectful	20.1	4.5	21.8	6.8
Total	65.2	13.9	62.9	17.7
Subscales	Intends to hold business(N=104)		Intends to serve in Forces and go abroad (N=481)	
	M	SD	M	SD
Authoritarian	16.5	3.4	14.8	3.9
Authoritative	6.7	1.8	10.8	2.9
Permissive	19.8	3.5	21.1	3.8
Neglectful	20.3	5.8	19.8	2.7
Total	64.3	14.5	66.5	13.3

Above table described the mean and SD of respondents scores on parenting styles questionnaire on the variable future goals. From this table it can be seen that adolescents who intend to join forces they perceived parenting style is more authoritative and less neglectful in nature as compared to others.

**Table 8**

*Mean and Standard Deviation of Public and private sectors secondary school students' scores on self-esteem Questionnaire in relation with variable Future Goals (n=1050)*

Subscales sector	Intends to serve in Public sector		Intends to serve in private	
	Mean	SD (N=417)	Mean	SD (N=58)
General self	62.1	8.1	61.9	10.3
Social self-peers	27.3	4.5	25.2	6.1
Home Parents	20.6	4.7	19.0	5.2
School Academics	23.7	4.4	23.7	5.4
Lie scale	10.0	2.5	9.3	2.6
Total self-esteem	143.7	24.2	139.1	24.2
Subscales	Intends to business		Intends to join Forces and broad	
	Mean	SD (N=104)	Mean	SD (N=481)
General self	62.6	9.8	61.9	9.8
Social self-peers	28.3	5.5	27.3	4.4
Home Parents	19.9	4.6	23.5	4.4
School Academics	24.6	5.4	24.0	4.7
Lie scale	9.8	2.2	10.0	2.6
Total	145.2	27.5	146.7	25.9
Self esteem				

Above table highlighted the mean and SD of respondents' self-esteem scores in relation with variable future goals. Table represented that adolescents whose intends to join forces and work abroad possessed higher mean scores on self-esteem scores as compared to rest of the adolescents.

**Table 9**

*Mean and Standard Deviation of Public and private sectors secondary school students' scores on parenting styles Four Factors Questionnaire in relation with variable class grades (n=1050)*

Subscales	A+ A (N=426)		B+B (N=245)	
	M	SD	M	SD
Authoritarian	13.2	3.8	14.3	3.0
Authoritative	11.3	1.7	10.4	2.2
Permissive	19.0	3.1	19.6	3.3

Neglectful	20.8	5.1	20.8	5.8
Total	64.3	13.7	65.1	14.3
Subscales	C+C Grades(N=229)		D+D Grade(N=150)	
	M	SD	M	SD
Authoritarian	19.0	3.3	20.0	3.6
Authoritative	7.9	3.7	7.6	1.7
Permissive Neglectful	19.7	3.4	21.1	3.8
	22.5	5.2	25.5	5.4
	69.1	15.6	74.2	14.5

Above table shows the mean and SD of respondents studying in the private and public sectors schools' score on the parenting style questionnaire in relation with variable grade. From this table it can be observed that adolescents who secured A and B grade experience less authoritarian and neglectful parenting style than who secured C and D grades. Their score higher on authoritative parenting styles as compared to rest of the groups.

**Table 10**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on self-esteem Questionnaire in relation with variable Student' Grades (n=1050)**

Subscales	A+ Mean	A SD (N=426)	B+ Mean	B SD(N=245)
General self	65.6	9.7	62.6	9.5
Social self-peers	26.9	4.6	26.3	4.7
Home Parents	20.1	5.0	20.8	4.6
School Academics	23.1	4.6	24.5	4.5
Lie scale	9.5	2.5	10.0	2.7
Total self-esteem	145.2	26.4	144.2	26.2
Subscales	Mean	C+ C SD (N=229)	Mean	D+ D SD (N=150)
General self	61.6	10.1	62.7	9.0
Social self-peers	26.4	4.6	20.8	4.7
Home Parents	20.7	4.1	20.5	4.4
School Academics	24.4	6.2	25.2	6.4
Lie scale	10.2	2.4	10.9	4.2
Total	143.3	27.4	140.1	28.7

Above table highlighted the mean and SD of respondents' self-esteem scores in relation with variable grade. Table depicted that adolescents who's secured A -A+ to B -B+ have higher self-esteem as compared to students who have achieved C or D grades.

**Table 11**

**Mean and Standard Deviation of Adolescents studying in Public and Private Sectors Secondary School Scores on Parenting Styles Four Factors Questionnaire (n=1050)**

Subscales	Public Sector(N=436)		Private Sector(N=614)	
	M	SD	M	SD
Authoritarian	20.9	3.9	17.3	3.0
Authoritative	7.0	2.1	11.2	2.6
Permissive	19.3	3.1	19.7	3.7
Neglectful	25.6	5.5	20.8	5.1
Total	72.9	14.6	69.0	14.4

Above table shows the mean and SD of respondents studying in the private and public sectors schools' score on the parenting style questionnaire. From this table it can be observed that adolescents who are studying in the public sector school experienced less authoritarian styles as compared to those who are studying in the private sectors schools, moreover adolescents from public sectors schools also experiencing neglectful parenting than those of private sectors schools. Adolescents from the private sector schools are experiencing authoritative parenting styles.

**Table 12**

**Mean and Standard Deviation of Public and private sectors secondary school students' scores on self-esteem Questionnaire in relation with variable Sector (n=1050)**

Subscales	Public sector (N=436)		Private sector (N=614)	
	Mean	SD	Mean	SD
General self-	60.1	10.9	63.3	8.4
Social self-peers	27.4	5.2	27.1	4.3
Home Parents	20.1	4.8	20.6	4.5
School Academics	23.0	5.2	24.4	4.2
Lie scale	9.6	2.6	10.4	2.5
<b>Total self-esteem</b>	<b>140.2</b>	<b>28.7</b>	<b>145.8</b>	<b>23.9</b>

Above table highlighted the mean and SD of respondents' self-esteem scores in relation with variable sector. Table depicted that adolescents who are studying in the private sector have higher Mean scores on self-esteem as compared to those who are studying in the public sectors schools.

**Table 13**

***Relationship of Parenting styles and self-esteem among adolescents studying in the private and public sectors schools (n=1050)***

Scale	Authoritarian	Authoritative	Permissive	Neglectful	Self -Esteem
Authoritarian	1				
Authoritative	-.18	1			
Permissive	.26	.22	1		
Neglectful	.21	.17	.65	1	
Self-esteem	.14	.53	.31	.9	1

Table 13 described the relationship between various parenting styles and self-esteem of the adolescents. From the table it is evident that authoritative parenting style have higher correlation with self-esteem whereas, neglectful and authoritarian parenting styles have lower correlation with self-esteem.

### **Findings & Conclusion**

1. Younger adolescents experienced more authoritative parenting styles as compared to older ones, neglectful parenting styles perceived more in the students aged 17 and above.
2. Adolescents whose age ranged from 15 to 16 years had higher self-esteem than adolescents of other age groups.
3. Male adolescents were experiencing more authoritarian, neglectful and permissive parenting styles more as compared to female.
4. Male adolescents had lower self-esteem as compared with female adolescents.
5. Adolescents who intend to join forces they perceived parenting style was more authoritative and less neglectful in nature as compared to rest of the adolescents.
6. Adolescents whose intends to join forces and work abroad possessed higher mean scores on self-esteem scores as compared to rest of the adolescents.
7. Adolescents who secured A and B grade experience less authoritarian and neglectful parenting style than who secured C and D grades.
8. Adolescents who's secured A –A+ to B –B+ have higher self-esteem as compared to students who had achieved C or D grades.
9. Adolescents who were studying in the public sector school experienced more authoritarian styles as compared to those who enrolled in the private sectors schools, in addition to this adolescents of the public sectors schools also experienced neglectful parenting than those of private sectors schools.
10. Adolescents who were studying in the private sector have higher Mean scores on self-esteem as compared to those who enrolled in the public sectors schools.
11. Authoritative parenting style had higher correlation with self-esteem whereas, neglectful and authoritarian parenting styles have lower correlation with self- esteem.

### **Discussion**

Child rearing is not easy task, raising a child is indeed hardest and most gratifying task in the world



normally parents are not trained and ready for this task due to lack of awareness and various family pressures. Children developing self-concept from their parents' lenses, their tone of voice, their body language, and all countenance are absorbed in their kids. As a parent their words and actions impact in the development of children self-esteem other than anything else. Appreciation on small accomplishments matters a lot for innocent minds and will make them feel proud. Adolescents may be letting to do things independently because this will make them feel independent, proficient and more strong. But if parents use Authoritarian approach, this will lead them towards belittling comments or comparing them unfavorably with another child make feel valueless. So parents may avoid using words as weaponries, they ought to be very careful while interacting with children. Choose your words carefully and be compassionately while interacting with kids.

Adolescent needs time and attention of the parents so being a parents it is very necessary to spend healthy time with children. Children who are not getting the attention of their parents often acted out misbehavior to get others attention. This is true that adolescents need more attention from their parents than younger children, because they are having less opening of get together with parents but parents ought to do their best to be accessible whenever they need them. Family get to gathers, attending school meeting, games, and other outdoor activities with adolescent and break the ice between them.

Last but not least parents should be acted as a role model adolescents are consciously or unconsciously learning a lot from their parents by observing them. Being an authoritarian parent if someone lash out or talk to his/her top voice in front of children then he/she should ready to face this when children angry? Parenting styles are obviously very important, and can affect lot on children self-esteem and mental health to how they communicate to others people. It is really very significant for the parents to guarantee that their parenting style is supportive, vigorous and healthy. This is true that the way parents you interact with your child and how parents discipline their children will affect them for the lifelong.

Relationship between various parenting styles and self-esteem were measured in the context of adolescents and found that authoritative parenting style have higher correlation with self-esteem whereas, neglectful and authoritarian parenting styles have lower correlation with self-esteem.

### **Recommendations**

Usage of authoritative parenting style is more appropriate and effective approach they exercise discipline with setting limits and boundaries, which is necessary for every family. The objective of discipline is to assist children in selecting adequate behaviors for teaching of self-control. This will help them to grow as grow into responsible adults.

Based on findings following are some of the recommendations of the research

1. Since younger adolescents were experiencing more authoritative parenting styles and possessed higher self-esteem therefore, institutions can have focus more for to raise the self-esteem of older adolescents. Awareness seminar can be arranged for parents for the selection of appropriate parenting style.
2. Finding revealed that male adolescents were experiencing more authoritarian, neglectful and permissive parenting styles more as compared to female, therefore, institution can arrange counseling and guidance for male students keeping in view concept of self-esteem. Parents of the male adolescents also counsel to become role model for their male children.
3. Interesting parenting styles determine the future aspiration of the adolescents because adolescents who intend to join forces their perceived parenting style was more authoritative and less neglectful in nature as compared to other ones. In addition to this they also possessed higher mean scores on self-esteem scores as compared to rest of the adolescents, therefore, institutions can motivate parent to be accommodating and use authoritarian parenting style with their children this will enable them to become more innovative and achievement oriented in the future courses of action.
4. This is attention grabbing fact that adolescents who secured good grades (A and B) experienced less authoritarian and neglectful parenting style than who secured C and D grades. Such adolescents also embedded with higher self-esteem as compared to students who had achieved C or D grades. Therefore, there is a need to flourish strategies the self-esteem of the children through parental participation. In monthly parent teachers meeting the concept of parenting styles would be presented as food for thought.

5. Sector wise analysis carried out which shows that adolescents who were enrolled in the public sector school experienced more authoritarian styles as compared to those who are studying in the private sectors schools, in addition to this adolescents of the public sectors schools also experiencing neglectful parenting than those of private sectors schools. Such adolescents also experienced lower self-esteem as compared to those who were studying in the private sectors schools. Therefore, public sectors schools focus more on building self-esteem of the children. Along with this they ought to take parents on board because parents are one of the important stakeholder in this venture.
6. Relationship between various parenting styles and self-esteem of the adolescents were explored and found that authoritative parenting style have higher correlation with self-esteem whereas, neglectful and authoritarian parenting styles have lower correlation with self-esteem.

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