

Perceived Parental Attitude and Self Esteem of Adolescents

B.Sathyabama¹ & J.O.Jeryda Gnanajane Eljo²

Guest Lecturer, Department of Social Work, Bharathidasan University College, Perambalur -621 107¹
Assistant Professor, Department of Social Work, Bharathidasan University, Khajamalai Campus,
Tiruchirappalli – 620 023²

Abstract: The purpose of the present study was to examine the relationship between the parental attitude and self esteem of adolescents. Ninety respondents (45 boys and 45 girls) were chosen through disproportionate random sampling procedure in Government High School, Manthurai, Tiruchirappalli District, Tamilnadu. The adolescents were assessed by using the manual of parenting scale and self esteem inventory. Data was analyzed in terms of percentage, t-test and coefficient of correlation. Statistical analysis revealed that there was a significant relationship between parenting and self esteem of adolescents. Moreover the boys and girls differed in the perception of parenting and in the level of self esteem. The findings of the study will help to understand parent and adolescent relationship and its influence to shape the adolescents future. The study will suggest suitable measures to strengthen the parent and child relationship.

Key Words: Adolescent, Parental Attitude, parenting, relationship and Self Esteem.

I. Introduction

The word 'Adolescence' is derived from the Latin term 'Adolescere' meaning to grow up. Adolescence is a critical period of life characterized by rapid growth and development, both physiologically and socially. In many countries, the concept of adolescent is a new term. It is now quite widely accepted that adolescence is a time of transition involving multi-dimensional changes: Adolescence is the transition period from the dependent childhood to self-sufficient adulthood. Adolescence is a period of exploration and experimentation. In the Indian Scenario, adolescents are considered as heterogeneous population on the basis of domicile, stages and gender. Adolescent in India are the one fifth of the total population and are a significant human resource that needs to be given ample opportunity for holistic development towards achieving their full potential, not only for their physical development but also emotional and psycho-social development. Adolescent do have their own developmental needs, which are peculiar to them and to be addressed separately.^[1]

The parent has the everlasting influence on their children. The role of parenting on adolescence stage is the most difficult one. A positive, stable, emotional bond between parents and adolescents is an important protective factor for adolescent health and development. Parenting is one of the most satisfying and challenging activities in the life span. The nature and content of the future human society is determined on the result of parenting. There is no doubt that positive and good parenting enhances good society. Parenting is considered to be an important determinant of several aspects of children's outcome^[2]. Thus, parent play an important role to facilitate or inhibit development of adolescent's self-esteem.

Self Esteem is an important means to promote psycho-social competence of adolescents. Self esteem is a positive or negative orientation toward oneself, an overall evaluation of one's worth or value^[3]. Self esteem enables the adolescents to have the positive attitude to succeed on their life.^[4] Deater-Deckard, Ivy, & Smith, (2006)^[5] stated that individuals high in self esteem therefore have the skills and resources that provide protection from stressors. In this context, the present descriptive study was envisaged to assess the perception of parental attitude and the level of self esteem among adolescents with the following objectives

II. Materials and Methods

Objectives of the Study

01. To study the perception of parental attitude of the respondents
02. To assess the level of self esteem of adolescent boys and girls
03. To findout the relationship between parental attitude and self esteem

Universe: The universe of the present study consists of 134 students of standards VIII, IX and X of Government High School, Manthurai, Thiruchirappalli District of tamilnadu.

Sampling: For the present study the researcher has used disproportionate stratified random sampling method in selection of the respondents. The researcher has selected 30(15 boys &15 girls) respondents from each of the class or strata irrespective of the size of the population or stratum. The total sample size of the study comprises

of 90 (45 boys and 45 girls) respondents. **Research Instrument:** A self prepared interview schedule was used to collect the socio demographic characteristics of the respondents. Manual of parenting scale^[6] was used to measure the parental attitude perceived by adolescents, this scale has eight dichotomous modes of parenting as
 A- Rejection Vs Acceptance,
 B- Carelessness Vs Protection
 C- Neglect Vs Indulgence
 D- Utopian Expectations Vs Realism
 E- Lenient Standard Vs Moralism
 F- Freedom Vs Discipline
 G- Faulty Role Expectation Vs Realistic Role Expectation
 H- Marital Conflict Vs Marital Adjustment
 Rosenberg^[7] Self Esteem Scale was administered to assess the level of self esteem of adolescents. The SES has 10 items with 4 point Likert scale ranging from strongly agrees to strongly disagree.

III. Results and Discussion

Socio – Demographic profile of the respondents

The study revealed the age group of the respondents was 13 -15 years. The mean age of the respondents was 14.5 years. With regard to the ordinal position of the respondent, a significant (37%) of the respondents fall on third position in their order of birth and snearly half (46.6 %) of the respondents fall on second position in their order of birth. Regarding the domicile of the respondents, all the respondents (100%) were from rural area because the study was conducted in the rural area. With regard to the family income majority (64 %) of the respondents’ family income was up to Rs.5000. Majority (65.9%) of the respondents’ fathers were farmers. Majority (57.9%) of the respondents’ mothers engaged in agricultural activities. A significant (56.8%) percent of the respondents’ family size was 4 to 6 members. Regarding the religion of the respondents, majority (87.8%) of the respondents were Hindu, only (9.8%) of the respondents were Christians and the remaining (2.4%) respondents were Muslims. Majority (68 %) of the respondents were living in nuclear family type.

Table 01 Distribution of the Respondents by their Level of Self Esteem

S.No	Level of Self Esteem	No.of Respondents	Percentage
01	Low	43	47.7
02	High	47	52.2

The above table reveals the level of self esteem of the respondents. Nearly half (47.7%) of the respondents have low level of self esteem. More than half (52.2%) of the respondents had high level of self esteem. Self esteem is an essential component for healthy development of adolescents and promotes positive social adjustment. Patrick & Joseph (2008)^[6] stated that Low self-esteem is usually associated with self-damaging behaviours, whereas high self-esteem is associated with an ability to cope more effectively with life’s problems. Parenting is considered to be an important determinant that improves self esteem of adolescents. Parents need to be better informed about the nature of adolescents and their challenging world. Efforts should be taken to improve positive self orientation through school intervention programmes.

Table 02 Distribution of the respondents by their Gender and Level of Self Esteem

S.No	Level of Self Esteem	Gender				Statistical Inference
		Boys		Girls		
		No	%	No	%	
01	Self Esteem					
	Low	23	51.1	20	44.4	t = 2.633 df = 88 P<0.05 Significant
	High	22	48.8	25	55.5	
	Mean	19.170		20.130		
SD	1.969		2.676			

The table analyses the level of self esteem of boys and girls. The girls had higher mean score than that of boys. When examined the differences between boys and girls in relation to level of self esteem with the help of Student’s t test, there exist significant differences between boys and girls. The dawn of adolescence is comparatively earlier in girls than in boys. At this stage boys perceived their environment has become more complex that they require some more time to attain positive image on self.

Table 03
Distribution of the respondents by their Gender and Various Dimensions of Parenting

S.No	Dimensions of Parenting	Gender				Statistical Inference
		Boys		Girls		
		No	%	No	%	
01	Acceptance					t = 2.251 df = 88 P<0.05 Significant
	Low	14	31.5	12	26.6	
	High	31	68.8	33	73.3	
	Mean SD	8.105 1.969		7.250 2.676		
02	Protection					t=0.670 df = 88 P>0.05 Not Significant
	Low	21	46.6	20	44.4	
	High	24	53.3	25	55.5	
	Mean SD	8.125 2.709		8.578 1.502		
03	Indulgence					t = 1.224 df = 88 P>0.05 Not Significant
	Low	22	48.8	29	64.4	
	High	23	51.1	16	35.5	
	Mean SD	7.375 2.428		8.222 2.501		
04	Realism					t = 0.486 df = 88 P>0.05 Not Significant
	Low	18	40.0	19	42.2	
	High	27	60.0	26	57.7	
	Mean SD	8.125 2.044		8.444 2.642		
05	Moralism					t = 1.002 df = 88 P>0.05 Not Significant
	Low	17	37.7	14	31.1	
	High	28	62.2	31	68.8	
	Mean SD	8.083 2.488		8.800 1.859		
06	Discipline					t = 2.251 df = 88 P<0.05 Significant
	Low	23	51.1	18	40.0	
	High	22	48.8	27	60.0	
	Mean SD	7.684 2.665		8.271 2.868		
07	Realistic Role Expectation					t = 0.653 df = 88 P>0.05 Not Significant
	Low	19	42.2	23	51.1	
	High	26	57.7	22	48.8	
	Mean SD	7.758 2.843		8.307 2.752		
08	Marital adjustment					t = 0.653 df = 88 P>0.05 Not Significant
	Low	08	17.7	15	33.3	
	High	37	82.2	30	66.6	
	Mean SD	7.606 2.064		7.784 2.556		
09	Overall					t = 2.406 df = 88 P<0.05 Significant
	Low	21	46.6	20	44.4	
	High	24	53.3	25	55.5	
	Mean SD	48.010 4.658		49.266 5.370		

From the above table infers the various dimensions of the parental attitude perceived by the boys and girls. With regard to acceptance of parenting, boys perceived higher mean score than girls and perception of acceptance of parenting was significantly different for boys and girls, because parents show favourable attitude on their son than their daughters. With regard to other dimensions of parenting such as Protection, Realism, Moralism, Discipline, Realistic role expectation and Marital adjustment, girls perceived higher mean score as against boys, which shows that girls have good perception about their parents than boys. Even though, girls had higher mean scores than that of boys in relation to various dimensions of parenting. When we analyse the difference between the two groups' boys and girls statistically, it was found that there is no significant difference between boys and girls except dimension of discipline perceived by the respondents.

With regard to overall score of parenting, girls had higher mean in comparison to boys and over all perception with regard to attitude of parenting was significantly different for boys and girls at 0.05 levels of significance with girls perceived more positive attitude on their parenting.

Adolescent girls spend much time with parents and have strong ties with parents as they are given less freedom for movement than adolescent boys. Boys are detached from their parents in adolescent stage and want to take independent decision in various situations of their life experiences. This is regarded by the parents as an act of indiscipline or of misconduct. This kind of situation make the adolescent boys perceive unfavorable attitude towards their parents than girls.

Table 04 Karl Pearson's coefficient of Correlation between Parenting and Self-esteem

S.no	Variable	Correlation value	Statistical inference
01	Parenting and self esteem	0.534	P < 0.05 Significant

The table infers that there is significant positive relationship between the adolescents perception on attitude of parents and the level of self esteem. Many studies provide evidence for the link between parental attitude and self esteem of adolescence. For example children who have a good relation with parents tend to show better social adjustment and self-esteem development. Armsden and Greenberg (1987)^[8] found that parental attachment contributed positively to self esteem and life satisfaction. Thus, parental attitude enhances the adolescence by increasing their self esteem.

IV. Suggestions

This study reveals that higher the positive parenting manifest higher level of self esteem. Hence Parents need to understand the nature and problems of adolescents so that they can help them to cope effectively with the developmental changes. When parents understand their younger children appropriately and offer support, the adolescents self esteem will improve to a great extend. A secure emotional base is crucial for the positive development of young children. Hence, Parents need to create healthy and friendly atmosphere at home.

Efforts should be taken to strengthen the parent and teachers association, develop close liaison between home, school and counselling services for the parent which is an important source to promote the parent-adolescent relationship.

This study indicates that nearly half (47.7 %) of the adolescents had low in self esteem. Therefore, school social worker shall be appointed and to enable the adolescents to cope more effectively with different problems and enhance their self esteem. And also help the parents and teachers on matters involving adolescence understanding and their management.

A child spends the best part of the day at school. So efforts should be taken to connect schools with communities to enrich their self esteem through Life skills education. School counselling services and mental health programmes need to be organised to ensure continuity of care for the adolescents during the developmental transitions.

V. Conclusion

It is not enough to consider adolescence as the bridge between only childhood and adulthood. Rather it may be considered as the base of adulthood on which rests the entire future of their life. During adolescent period the individual undergoes many kinds of changes including physical, mental, emotional and social changes. It is rightly observed in the words of Symonds (Chaube,2002) that adolescence who become good citizens, eminent scholars, good social workers, affectionate husband, wife or parents comes from family where parental loves flow freely.

References

- [1]. Gopal,A.K. (2008). 'Studies on Adolescent Girls: An Analytical Review NIPCCD,.'N.Delhi.
- [2]. Gadeyne, E., Ghesquiere, P., & Onghena, P. (2004). Longitudinal relations between parenting and child adjustment in young children. *Journal of Clinical Child and Adolescent Psychology*, 22, 347-358.
- [3]. Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press
- [4]. Dumont, M., & Provost, M. A. (1999). Resilience in adolescence: protective role of social support, coping strategies, self-esteem and social activities on experience of stress and depression. *Journal of Youth & Adolescence*, 28, 343–363.
- [5]. Deater-Deckard, K., Ivy, L., & Smith, J. (2006). Resilience in gene-environment transactions. Goldstein, & R. B. Brooks (Eds.), *Handbook of resilience in children* New York: Springer pp 49–63
- [6]. Bhardwaj RL (1998) *Manuel of Parenting Scale*. Agra:National Psychological Corporation.
- [7]. Armsden, G.C., & Greenberg, M.T.,(1987). The Inventory of Parent and Peer Attachment Individual differences and their relationship to psychological well being of adolescence. *Journal of Youth and Adolescence*, 16, 427.
- [8]. Chaube,S.P.,(2002). *Psychology of Adolescents in India*. Concept Publishing Company, N.Delhi.