

Relationship between Parenting styles and self-esteem among Adolescents

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ABSTRACT

Background: Parenting is considered to be a combination of biological and social process. Parenting style is one of the exogenous factors, participating both in the etiology of psychopathology and in the healthy development of a child. **Objective :** To study the relationship between parenting style and self-esteem among adolescents. **Methods:** A survey was conducted using convenient sampling methodology on adolescents (n=100), using two questionnaires namely, Adolescent Parental Attitude four factor questionnaire by Shyny TY (2017) and Rosenberg's self-esteem scale (1965). The collected data was analyzed using descriptive analysis tools such as mean analysis, Pearson's correlation and inferential analysis tools such as one sample t test as well as independent samples t test. **Conclusion:** The findings of the study revealed that there exists only a negligible correlation between authoritative parenting style and self-esteem among adolescents. There were no significant difference between levels of self-esteem among males and females. Self-esteem in adolescence is affected by various other factors in different magnitudes and parenting attitude also falls under this category. The study did not establish any strong relationship between authoritative parenting and self-esteem and this could also be the case since parenting is a wide concept and varies across cultures and even situations, it is difficult to measure with accuracy.

Keywords: Parenting Style, Self Esteem, Adolescent, Gender.

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INTRODUCTION

Adolescence is a transformative period in human development, generally ranging from ages 13 to 19, characterized by significant physical, emotional, and psychological changes. It marks the transition from childhood dependency to adult autonomy, during which individuals begin forming their identities, values, and coping mechanisms. Parenting style' is a term that emphasizes on the parental actions and reactions towards their child which involves beliefs they carry, expectations they have and show values and beliefs on how actually parents help, support, take care of the child and how they punish the child. High self-esteem in adolescents has been associated with greater emotional resilience, academic motivation, and the ability to form healthy social relationships. In contrast, low self-esteem can result in negative outcomes such as poor academic performance, social withdrawal, anxiety, and depressive symptoms. Among the various environmental and relational influences that contribute to the development of self-esteem, parenting style plays a pivotal role. It refers to the overall emotional

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climate and behavioral strategies that parents use in raising their children. Diana Baumrind's widely accepted classification of parenting styles includes authoritative, authoritarian, permissive, and uninvolved styles. Authoritative parenting, characterized by warmth, responsiveness, and firm yet reasonable expectations, has been consistently associated with higher levels of adolescent self-esteem. Conversely,

authoritarian parenting emphasizes obedience and control with limited emotional support, often leading to lower self-confidence. Permissive parenting, which is nurturing but lacks discipline, may result in poor self-regulation, while uninvolved parenting, marked by low responsiveness and minimal demands, has been linked to emotional neglect and reduced self-worth. There were also significant correlation between subjective well-being and coping style among the adolescence. The adolescent's subjective well-being is associated with adolescent's emotional maturity. (Roy et al 2021, Roy et al 2022). It has been found that parents have higher authoritative and authoritarian parenting style with girls and higher permissive parenting style with boys.(Jain et al,2021) In the Indian socio-cultural context, parenting practices are often shaped by collectivist values that emphasize family loyalty, respect for authority, and academic excellence. These cultural expectations sometimes lead to authoritarian parenting tendencies. However, with increasing urbanization and exposure to global perspectives on parenting, many Indian families are transitioning toward more balanced, communicative, and emotionally supportive styles. This cultural duality makes the adolescent experience in India particularly complex, as young individuals often receive mixed messages about independence, conformity, and emotional expression.

Given these dynamics, it becomes crucial to explore how different parenting styles impact adolescent self-esteem, particularly in the Indian context. By examining this relationship, the present study seeks to contribute to a deeper understanding of adolescent development and provide evidence-based insights that can inform parenting interventions, school counseling programs, and broader mental health initiatives.

Aim; To examine the relationship between different parenting styles and self-esteem levels among adolescents, with a focus on gender differences.

Objectives of the

study:[i] To measure the levels of self-esteem in the population [ii] To assess the prevalent parenting styles among the population [ii]To understand the relationship between the parenting styles and self esteem of the population. [iv]To examine gender differences among parenting styles in self-esteem.

Hypotheses: [i]H1: There will be a positive relationship between authoritative parenting style and self esteem in the school going adolescents.[ii] H2: There will be a significant difference in levels of self esteem in males and females.

Methodology

Study Design-A correlational study to examine the relationship between the variables of parenting styles, family structure and levels of resilience among adolescents.

Sample: Convenient sampling method is employed in collecting data from 100 adolescent samples (students belonging to ages between 13-15) from schools in Chennai. Exclusion criteria includes-[i]Students not belonging to the age group of 13-15 [ii] Students residing outside of Chennai will not be included in the sample[iii]Non English speaking students will be excluded from the study. Among the collected samples, 49 samples were male and the remaining 51 were females. Descriptive statistics functions are performed to obtain mean and standard deviation of the variables involved in the study.

Tools-[i] Sociodemographic Details-Socio-demographic data sheet was used to elicit background information and the personal profile of the participants. The information about their family structure and primary caregivers were collected from both the genders. The details such as educational status, which family member are they close to, number of siblings, location, age were gathered from the participants.[ii] **APAFFQ:**Adolescent parenting attitude four factor questionnaire is a 40 item which is a 5 point likert scale with 1 being “all of the time” and 5 being “never”. The items assess the parenting attitude according to the adolescents point of view. A PA FFQ is used for measuring perceived parenting styles of parents of the higher secondary school students. The draft scale has been developed on the basis of theories of Baumrind (1971).It's four subtypes are compared and correlated with three sub types of PAQ(Parental Authority Questionnaire) by Buri, J.R. (1991).[iii] **Rosenberg self- esteem scale-** The Rosenberg self esteem scale is a 10 item scale that measures global self worth by measuring both positive and negative feelings about self. The scale is believed to be unidimensional. All items are answered using a 4-point likert scale ranging from strongly agree to strongly disagree. Items 2, 5, 6, 8, 9 are reverse scored. (Give “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points.) Scores are summed for all ten items. The test-retest reliability is 0.76 - 0.89 and the Internal consistency coefficient is 0.87 - 0.89. The correlation coefficient with self-efficacy, self concept and self esteem is 0.50 - 0.70.

Results

Table-1. Indicates the socio-demographic details of the participants

Variable	Category	Frequency	Percentage
Gender	Male	49	49%
	Female	51	51%
No of siblings	none	10	10%
	one	65	65%
	2 or more	25	25%
Socio-economic status	Lower	20	20%
	Middle	60	60%
	Upper	20	20%

Table -2. frequency of parenting styles

Domain	n	Mean	Std deviation	t	p	Significance
Uninvolved	100	21.7	5.755	37.864	<u><.001</u>	Significant at both level
Permissive	100	28.95	4.340	66.705	<u><.001</u>	Significant at both level
Authoritative	100	35.53	5.135	67.239	<u><.001</u>	Significant at both level
Authoritarian	100	25.24	5.788	43.610	<u><.001</u>	Significant at both level
Self esteem	100	22.32	4.19	54.186	<u><.001</u>	Significant at both level

Table 2 .Indicates the mean score, 21.7, 28.95, 35.53 and 25.24, uninvolved, permissive, authoritative and authoritarian parenting style respectively and was 22.32 of self

Table -3. Indicates the prevalence of parenting styles

Parenting style	Frequency	Percent	Commulative percent
Authoritarian	12	12	12
Authoritative	71	71	83
Permissive	15	15	98
Uninvolved	2	2	100
Total	100	100	

Table -4.t value of self esteem

<u>Domain</u>	<u>Mean</u>	<u>Std.Deviation</u>	<u>t</u>	<u>Df</u>	<u>One side p</u>	<u>Two side p</u>
<u>Self esteem sum</u>	<u>23.32</u>	<u>4.119</u>	<u>54.186</u>	<u>99</u>	<u><.001</u>	<u><.001</u>

The t value for self esteem is reported as 54.186 [t(99)= 54.186 p= <.001].

Table -5 Indicates the results of the t test among all parenting styles

<u>Domain</u>	<u>t</u>	<u>Df</u>	<u>One side p</u>	<u>Two side p</u>
Uninvolved parenting style	<u>37.864</u>	<u>99</u>	<u><.001</u>	<u><.001</u>
Permissive Parenting style	<u>66.705</u>	<u>99</u>	<u><.001</u>	<u><.001</u>
Authoritative Parenting style	<u>67.239</u>	<u>99</u>	<u><.001</u>	<u><.001</u>
Authoritarian Parenting style	<u>43.610</u>	<u>99</u>	<u><.001</u>	<u><.001</u>

From the above table, for uninvolved parenting style, the t value is reported as 37.864 [t(99)= 37.864 and p=< .001], similarly, for permissive parenting style, it is 66.705 [t(99)= 66.705 and p=< .001]. For authoritative parenting style, the reported t value is 67.239 [t(99)=67.239 and p=< .001] and for authoritarian parenting style, it is 43.610 [t(99)= 43.610 and p=<.001]These findings report that there is significance in the values.

Table -6- Correlational analysis

H1: There will be a positive relationship between authoritative parenting style and self esteem.

<u>Parenting styles</u>	<u>Self esteem (r)</u>	<u>significance</u>
Uninvolved parenting style	<u>.093</u>	<u>.357</u>
Permissive Parenting style	<u>.139</u>	<u>.168</u>
Authoritative Parenting style	<u>.097</u>	<u>.338</u>
Authoritarian Parenting style	<u>.338**</u>	<u><.001</u>

Pearson product correlation of authoritative parenting style and self esteem is found to be negligibly positive and statistically insignificant (r=.093, p>.05). Hence, H1 is unsupported. This shows that authoritative parenting style has a negligible relationship with self esteem. Table Vo shows the correlations between self esteem and other parenting styles such as authoritarian parenting (r=.139, p>.05), permissive parenting (r=.097, p>.05) and uninvolved parenting (r=.338, p<.001).Among all the correlations, uninvolved parenting style has shown the highest correlation and statistical significance with self esteem at .001 level. This shows that uninvolved parenting style has a low positive relationship with self esteem.

Table-7- Indicates the results of the independent sample t test between gender and self esteem

<u>Self esteem</u>	<u>Mean</u>	<u>SD</u>	<u>F</u>	<u>t</u>	<u>df</u>	<u>Two-side p</u>	<u>significance</u>	<u>Mean difference</u>
<u>Male</u>	<u>22.35</u>	<u>4.101</u>	<u>.373</u>	<u>.064</u>	<u>98</u>	<u>.949</u>	<u>Not significance</u>	<u>.053</u>
<u>Female</u>	<u>22.29</u>	<u>4.178</u>						

There is no significant difference(p>0.05).An independent-samples t-test was conducted to compare the levels of self esteem in Male and Female students. There were no significant differences in scores for Male(Mean-22.35 ,SD-4.101) and Female(Mean-22.29,SD-4.178). Hence, H2 remains unsupported.

Discussion

The aims of current study were to examine the relationship between parenting styles and self-esteem among adolescents. Previously it has found that authoritative parenting as the most conducive to positive self-esteem (Baumrind, 1991; Goyal & Khandelwal, 2021), while this study found only a negligibly positive and statistically insignificant correlation between authoritative parenting and self-esteem ($r = .093$, $p > .05$). This was the uniqueness of the study, which was different from the traditional findings. Unexpectedly, the uninvolved parenting style, which is generally associated with negative developmental outcomes, showed the highest positive correlation with self-esteem, and this relationship was statistically significant ($r = .338$, $p < .001$). Although the strength of the correlation is low, the significance suggests a noteworthy trend that merits further examination. It is possible that adolescents exposed to uninvolved parenting may develop a sense of independence or emotional self-reliance, which could contribute to an elevated self-perception. However, this should not be interpreted as endorsement of uninvolved parenting, as the long-term implications on emotional regulation and interpersonal skills might be less favourable. Previous findings indicated that parental involvement clearly affects the children's and adolescents' psychological well being, particularly regarding self-esteem, self-confidence and interpersonal relationships (Wilkinson 2004 Amato1994). Social and Emotional development is affected by the different parenting styles used between a parent and a child. Authoritative parenting style was higher in adolescent's girls. Permissive parenting style was higher in adolescent's boys. Adolescent's boys perceived higher social adjustment in their life (Jain et al 2021).

The study also examined other parenting styles. Authoritarian parenting demonstrated a small, non-significant positive correlation with self-esteem ($r = .139$, $p > .05$), and permissive parenting showed a similarly weak and non-significant relationship ($r = .097$, $p > .05$). These findings differ slightly from earlier studies, which often reported a negative relationship between authoritarian parenting and self-esteem (Yassin et al., 2022; Vijay et al., 2018). Another findings showed, there were not exist any significant difference between the permissive parenting style and authoritative parenting style of both fathers and mothers in terms of their effect upon the self esteem of adolescents, and that in most cases these two styles of parenting results in higher levels of self-esteem as compared to authoritarian style of fathers' as well as mothers' parenting. Infect a

significant negative correlation exists between fathers' and mothers' authoritarian parental approach and the self-esteem of their adolescents (Sharma and Pandey,2015).In this current study such inconsistencies may be attributed to cultural variations, changes in family dynamics, or adolescents' evolving perceptions of parental authority in the Indian context.

Gender differences in self-esteem were also analyzed using an independent-samplest-test. The results revealed no significant differences between male ($M = 22.35$, $SD = 4.101$) and female ($M = 22.29$, $SD = 4.178$) participants, suggesting that self-esteem levels were fairly consistent across gender. This aligns with some contemporary findings that indicate a narrowing gap in gender-related psychological outcomes, particularly in urban or semi-urban populations where access to education, technology, and mental health resources is more uniform. The statistically significant t-values observed across all four parenting styles—authoritative ($t = 67.239$), authoritarian ($t = 43.610$), permissive ($t = 66.705$), and uninvolved ($t = 37.864$) suggest that participants perceived these styles distinctly and consistently. However, the direction and strength of their relationship with self-esteem vary, and should be interpreted within a broader psychosocial framework. indicate a narrowing gap in gender-related psychological outcomes, particularly in urban or semi-urban populations where access to education, technology, and mental health resources is more uniform. The statistically significant t-values observed across all four parenting styles—authoritative ($t = 67.239$), authoritarian ($t = 43.610$), permissive ($t = 66.705$), and uninvolved ($t = 37.864$) suggest that participants perceived these styles distinctly and consistently. However, the direction and strength of their relationship with self-esteem vary, and should be interpreted within a broader psychosocial framework.

These compensatory mechanisms might temporarily bolster self-esteem but may not address deeper emotional or social needs in the long term.. The mental health problem as well as behaviour and emotional issue are very common among adolescence. There are needed collective efforts of mental health professionals, families, educators, and policy makers to address the complexities of adolescence and guide the implementation strategies to promote, protect and restore mental health positively to the adolescence (Kumari and Kumar,2025). Children raised by authoritative parents have the best outcomes, whereas children raised by authoritarian or permissive parents have the worst outcomes. Parenting style had a

significant impact on children's self-concept development. Mainly early parenting styles shape kids' development and impact kids' mental health and behaviour growth. Both the parents play important role, but research often focuses on mothers. Father is important too, but they're often left out of studies. Parental involvement in education is very significant, and schools are working to include families more.(Kumari et al 2026)

Conclusion

This study explored the relationship between parenting styles and self-esteem among Indian adolescents aged 13–19. Using the Rosenberg Self-Esteem Scale and a parenting style questionnaire, findings revealed that the most common parenting style was authoritative (71%). The average self-esteem score was 22.32, indicating normal levels of self-esteem. However, authoritative parenting showed a negligible and statistically insignificant relationship with self-esteem ($r = .097$). Uninvolved parenting displayed a low but significant positive correlation ($r = .338$, $p < .001$). No significant gender differences in self-esteem were observed. These results highlight the complex influence of parenting on adolescent self-worth. The findings of this study reflect the multifactorial nature of self-esteem development in adolescents. They also highlight the importance of contextualizing parenting styles within cultural and environmental frameworks.

Limitations

Since the study is limited to only urban school going adolescents from cbse board, it cannot be generalised to the rural population. [ii] Self-esteem is a subjective evaluation of one's own worth and abilities and hence is subject to bias. [iii] Since parenting is a wide concept and varies across cultures and even situations, it is difficult to measure with accuracy. Hence, this cannot be generalised across cultures. [iv] There is no account of the effect of confounding variables in this study.

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