

Correlational Study of Parental Involvement and Self-esteem among Adolescents

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ABSTRACT

The transition of childhood poses various challenges to adulthood including parent-child relationship and self-esteem of the child. This study explores the relationship between parental involvement and self-esteem among adolescents. Using a sample of 120 participants aged between 12-18, we used Rosenberg Self-Esteem Scale and the Student rated parental school Involvement to assess the constructs. Results indicate negative correlation between parental involvement and self-esteem. The implications of these findings for interventions and support strategies aimed at enhancing adolescents.

Keywords: *Self-Esteem, Parental Involvement, Attachment*

Adolescence is arguably the most challenging stage of development as it is characterized by dramatic physical, cognitive, and socio-emotional alterations. Identity formation, peer pressure, and the development of autonomy are just a few of the obstacles that individuals face during this period of life dynamic change. One of the factors shaping adolescence development is parental involvement, affecting self-esteem – an essential determinant of psychological well-being. The following point of the discussion presents the complex link between parental involvement and self-esteem. It emphasizes the importance of the issue and its impact on people's lives and the society in general. Parental involvement refers to a range of parental behaviours and interactions with their teenage children, such as emotional support, monitoring, communication, and participation in their extracurricular and academic pursuits. Studies show that the quality and level of parental participation in an adolescent's life profoundly affect the development of their self-esteem – a complex notion that encompasses an adolescent's beliefs and appraisals of their own value and capabilities. The strictly theoretical perspective can be borrowed from attachment theory, which explains the underlying processes of parenting that cause changes in a young person's self-esteem. Attachment theory suggests that secure attachments formed between the caregiver and the infant lead to the construction of a healthy self-concept and emotional well-being. At the same time, insecure bonds that may form in response to inconsistent and neglectful parenting can undermine the self-esteem and make the young person feel undeserving and constantly anxious. The relationship between parental involvement and adolescent self-esteem is also influenced by contextual factors, including cultural norms,

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socioeconomic status, and family dynamics. Cultural variations in parenting practices and expectations shape the manifestation and implications of parental involvement for adolescents' self-esteem across different cultural contexts.

In conclusion, the relationship between parental involvement and self-esteem among adolescents is a complex and multifaceted phenomenon with far-reaching implications for individual development and societal well-being. By recognizing the importance of parental involvement in shaping adolescents' self-esteem, stakeholders can implement targeted interventions and policies aimed at fostering supportive family environments and promoting positive youth outcomes. Ultimately, nurturing strong parent-adolescent relationships and enhancing parental involvement is essential for empowering adolescents and fostering their psychological resilience and well-being.

REVIEW OF LITERATURE

Malbus, M., Villaro, M., Moveva, J., (2020) This study aimed to determine the relationship between self-esteem and parental involvement among Senior High School Students of Jagobiao National High School. A descriptive correlation design was used, and the research instrument chosen was a questionnaire. The study found that self-esteem affects academic performance; students with high self-esteem tend to be more confident than those with low self-esteem. Additionally, the study showed that parental involvement and student self-esteem are correlated. Parents who motivate their children tend to lead to higher self-esteem in their children. The study's findings suggest that higher self-esteem and parental involvement can help students achieve better academic performance.

Ogunboyede, M., Agokei, R. (2016) This study examined the influence of self-esteem, peer influence and parental involvement on the pro-social behavior of adolescents in school in Ibadan, Oyo State Using an instructive survey research design was used to survey 300 randomly selected school youths in Ibadan metropolis reflecting 10% of the population the participants. Four validated and standardized scales were used to collect data from participants. The study tested three research hypotheses at a significance level of 0.05. Pearson product moment correlation (PPMC), and multiple regression analysis were used to analyze the data collected during the study. Self-esteem, peer influence, and parental involvement were found to be significantly associated with participants' prosocial behaviors. However, although peer influence was the most powerful predictor, it was inversely related to social behavior.

Cripps, K., Zyromski, B. (2015) This study highlights the connection between the psychological well-being of teenagers and the extent and type of parental involvement that they experience. Adolescents' perception of their parents' participation has a significant impact on their psychological well-being, both positively and negatively. This is particularly true for their peer relationships, self-worth, and self-evaluation. The parenting style also has a significant influence on children's growth. Middle school students benefit from the authoritative/democratic parenting style in various ways, including better adolescent self-evaluations, higher levels of self-esteem and adjustment, and a higher level of intrinsic motivation for learning. The article reviews the study's findings on three topics: (a) how adolescents perceive their parental involvement, (b) which parenting style is associated with better psychological well-being, and (c) how different parenting styles affect adolescents' psychological well-being. Based on the study's results, middle school counsellors, middle school systems, and parents can draw valuable conclusions.

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DeSisto, C., Farreras, I., et al (2010) This study found a correlation between perceived parental involvement and adolescent self-esteem. The sample consisted of 132 students aged 12 to 18. A stepwise regression analysis demonstrated that perceived parental involvement, age, and sex predicted 25% of the variance in self-esteem. Female students had higher self-esteem than males, and self-esteem decreased during middle school but increased by high school.

METHODOLOGY

Aim: The aim of this study is to investigate and understand the impact of varying levels and forms of parental engagement on the development of self-esteem during crucial adolescents years.

Objective:

To examine the correlation between parental involvement and self-esteem among adolescents.

Hypothesis:

Positive correlation between Parental involvement and Self-esteem among adolescents.

Sample size- 120

Tools Used

- **Student rated parental school involvement-** It was developed in 2004. It contains 20 items which are divided into 4 dimensions: (a) parental expectations, (b) parent-child communication, (c) homework supervision, and (d) school-based involvement. Higher scores indicated higher involvement. The items from 1-5 are answered on a four-point scale ranging from Totally false to Totally true and the items 6-20 are answered from never to often.
- **RSS-** Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a four-point scale ranging from strongly agree to strongly disagree.

RESULT

Table 1 Correlation

	<i>SR</i>	<i>RSS</i>
<i>SR</i>	1	
<i>RSS</i>	-0.51756	1

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Figure 1 Scatter Plot

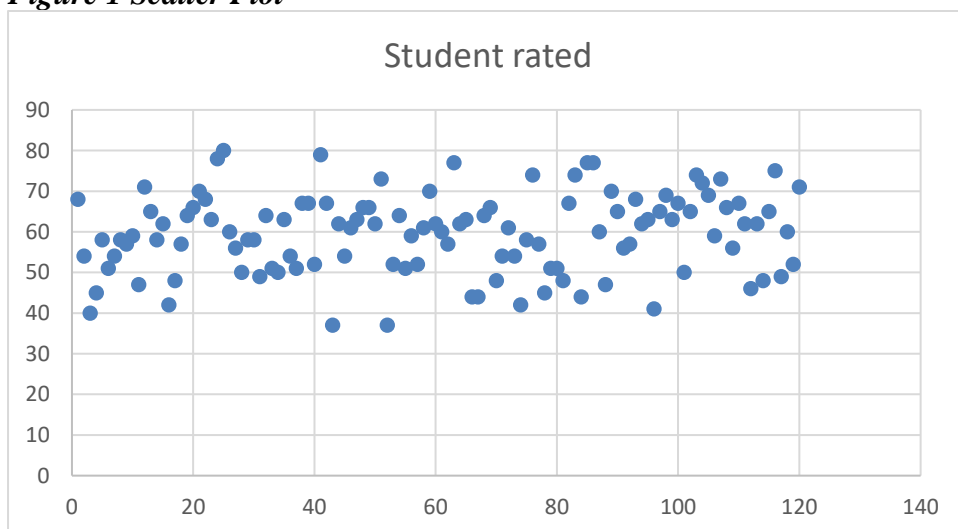
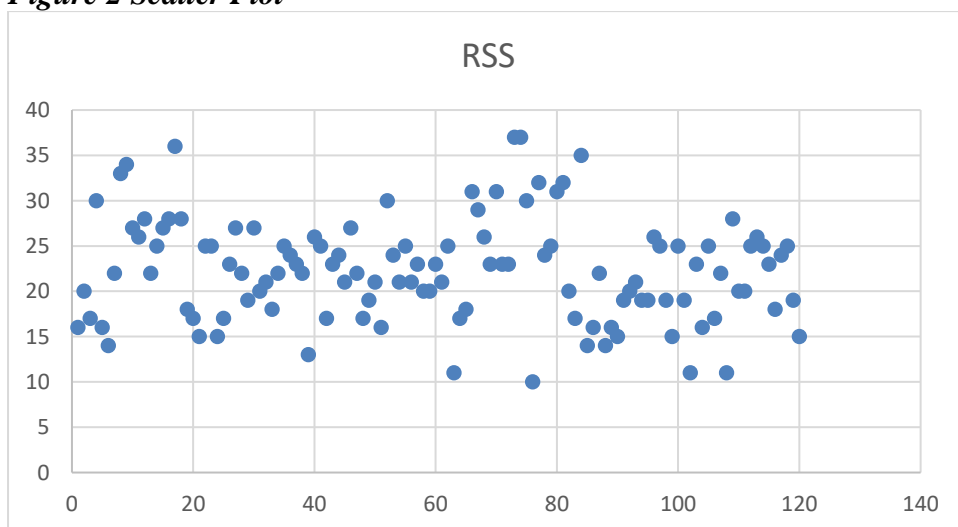


Figure 2 Scatter Plot



DISCUSSION

This study aimed to explore the associations between parental involvement and self-esteem among a sample of 120 adolescents. Understanding these correlations can provide valuable insights into the interplay between parental involvement and self-esteem among adolescents. Such findings may inform interventions aimed at promoting an adolescent's holistic well-being affected due to parental involvement.

The hypothesis was to find a Positive correlation between the above variables. This study shows that there is a significant negative correlation between Student rated parental school involvement and Rosenberg self-esteem scale scores ($r = 0.268$, $p = 0.016$), indicating that as scores on the Student rated parental school involvement increases, scores on the Rosenberg self-esteem scale tend to decrease.

Based on the correlational data presented above, the hypothesis stating that there would be a positive correlation between parental involvement and self-esteem among adolescents is not supported.

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In conclusion, research on the correlation between parental involvement and self-esteem among adolescents yields valuable insights into the complex dynamics shaping youth development in contemporary society. While the precise nature of this relationship may vary depending on multiple factors, including cultural context, individual differences, and specific parenting practices, several overarching themes emerge from the existing literature.

Firstly, there is substantial evidence to suggest that parental involvement, when characterized by supportive, nurturing, and authoritative parenting styles, is positively associated with higher levels of self-esteem in adolescents.

However, it's essential to acknowledge that the impact of parental involvement on adolescent self-esteem is not universally positive and may be influenced by various contextual factors. For instance, overly controlling or intrusive parenting styles can undermine adolescents' autonomy and self-esteem, leading to feelings of inadequacy or rebellion. Cultural differences in parenting norms and societal expectations may also shape the ways in which parental involvement influences adolescent self-esteem.

Future research should continue to explore the nuanced interplay between parental involvement and adolescent self-esteem, taking into account the diverse experiences and contexts in which these relationships unfold. By gaining a deeper understanding of these dynamics, policymakers, educators, and parents can work collaboratively to create supportive environments that foster the healthy development of adolescents' self-esteem in today's society.

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Conflict of Interest

The author(s) declared no conflict of interest.

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