

# A STUDY ON IMPACT OF PARENTING STYLES ON SELF-ESTEEM AMONG UG COLLEGE STUDENTS IN URBAN BENGALURU

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## **Abstract**

*Parenting styles play an important role in shaping emotional and psychological development of individuals. The motivation to conduct this study arises from the distinct characteristics of the parent-child relationship in India which is shaped by cultural influences, parental involvement, emphasis on academic achievement and interdependence which strongly impacts the individual's psychological and mental health. This study was conducted to find the relationship between Parenting styles and self-esteem of college students in the Indian context. The selected sample for this study consisted of a total of 100 undergraduate students. The tools that used here are Parental Authority Questionnaire (PAQ) developed by John R. Buri (1991) and Rosenberg Self-Esteem Scale (RSES) by Morris Rosenberg (1965). The findings indicated that the relationship between permissive parenting and self-esteem is low positive, Authoritarian Parenting and self-esteem is negative and Authoritative Parenting and self-esteem is low positive. The findings suggested that permissive and Authoritative parenting styles maybe associated with higher self-esteem and Authoritarian parenting style maybe associated with lower self-esteem. However, the correlations are weak, highlighting that parenting styles are alone not a strong predictor of self-esteem. Other factors also play a significant role.*

**Keywords:** *Parenting Styles, Self-Esteem, Relationship, Psychological Development, Emotional Development.*

## **Introduction**

Parenting plays a crucial role in shaping the personality, identity, emotional and

psychological well-being of individuals. The family is the first social unit with which children interact and learn values, beliefs,

behaviors and self-perceptions. Among several family factors, parenting style has been identified as one of the most influential determinants of a child's developmental outcome. Parenting style refers to the strategies adopted by parents to raise their children. Different parenting styles influence a child's behavior, personality, emotional development and social skills. The most widely accepted classification of parenting styles was proposed by Diana Baumrind (1991), who identified three primary styles: authoritative, authoritarian and permissive. Later, neglectful or uninvolved parenting style was also included. The parenting styles are based on two dimensions: Responsiveness (warmth, support, acceptance) and Demandingness (control, high expectations, strict discipline).

### **Authoritative Parenting Style**

This is considered the most balanced and healthy style. Authoritative parents are high in responsiveness and high in demandingness. They set clear rules and expectations, but allow open communication and provides reasons for the decisions. They encourage independence, while still guiding the child.

Effects: Children raised with authoritative parenting tend to be confident, socially skilled, emotionally stable, responsible and

academically successful. They often learn self-control and develop good coping and problem-solving ability because the environment is both supportive and structured.

### **Authoritarian Parenting Style**

Authoritarian parents are high in demandingness but low in responsiveness. They expect strict rules and often rely on punishment rather than explanation. There is little room for discussion, the parent's authority is final and the child has no say in anything.

Effects: Children raised in such environment often become obedient, but anxious, less socially competent, and may have lower self-esteem. Some children may show rebellious behaviours because they feel restricted. Emotional expression is often limited due to the fear of punishment.

### **Permissive (indulgent) Parenting Style**

Permissive parents are high in responsiveness but low in demandingness. They are very loving and caring, but offer very few rules, boundaries and expectations. They avoid conflict and give the child a lot of freedom often acting more like a friend than a parent.

Effects: Children from permissive households may struggle with self-discipline, show impulsive behaviours and

may have difficulties following rules in school or society. They may be outgoing and creative, but often lack responsibility and emotional regulation because they are not used to limits.

### **Neglectful/Indulgent Parenting Style**

Neglectful parents are low in responsiveness and low in demandingness. They provide minimal emotional support, little guidance, and even be physically or emotionally absent. Basic needs may be met, but there is limited involvement in the child's life.

Effects: Children raised by neglectful parents often develop low self-esteem, poor academic performance, emotional problems and difficulties forming healthy relationships. They may feel insecure and unsupported, leading to behavioral issues in the long run.

Parenting styles highlights that the emotional climate of the family strongly influences a child's development. Of all the styles authoritative parenting style is associated with the most positive outcomes, while neglectful parenting is linked with the most harmful effects. Understanding different styles helps psychologists, teachers and parents create healthy environments so children can grow into well-adjusted, confident and emotionally balanced individuals.

### **Self-Esteem**

Self-esteem, invented by William James, is a person's overall evaluation of their own worth. The term "Self" is a descriptive concept. It refers to how an individual identifies himself or herself. However, "Esteem" is an evaluative concept. It means how valuable one considers themselves. Parenting styles significantly influences self-esteem, if the parents are caring, loving and at the same time balance the strictness then the self-esteem of the individuals can increase while if the parents are controlling, often rely on punishment and do not take their children's opinions into consideration then the child's self-esteem may decrease. If one feels they are not of any worth then they cannot perform their duties towards their family members. They will start treating others worse and it will further worsen their self-esteem. Self-esteem is required for self-identification and for success in personal and professional life. Self-esteem is something that the individual develops early from his or her family and it is highly influenced by the behavior they receive from their parents. To find the relationship between parenting styles and self-esteem, this study was conducted.

## Review of Literature

### **Title: Parenting Styles and Its Effects on Self-Esteem of Adolescents (2015)**

*Gunjan Sharma and Dr. Neelam Pandey* did research on parenting styles and its effect on self-esteem of adolescents for which they focussed on adolescents between the ages of 16-18 years. Their findings included that there is no significant difference between the adolescents who have mothers and fathers with permissive style of parenting and authoritative parenting style. Most of the adolescents with permissive and/or authoritative mothers and fathers showed higher self-esteem. However, authoritarian parenting (both mothers and fathers) showed lower self-esteem. The study also found no significant difference in self-esteem levels of adolescents experiencing inter-parental consistency and inter-parental inconsistency. It was also found that there is no significant difference between the self-worth among male adolescents and female adolescents likely because most received authoritative parenting from at least one parent. Overall, the results suggests that most parents (both mothers and fathers) are providing their children with authoritative parenting in urban societies in north India.

### **Title: Parenting styles and its impact on children- a cross-cultural review with a focus on India (2019)**

*B.R. Sahithya, S.M. Manohari and Raman Vijaya* did a study to examine the influence of parenting style on the development of the child in western countries and in India. It aims to understand the cultural differences in parenting styles and its outcome. However, despite cultural differences between the West and India, the impact of parenting styles on children appears to be largely similar across cultures. The findings suggest that culture does not significantly moderate the relationship between parenting styles and child outcome. The parental styles were widely studied in western countries and it was found that both authoritative and permissive parenting styles had better outcome than authoritarian and uninvolved parenting styles. However, permissive parenting styles showed mixed results with both positive and negative outcomes. Research on parenting styles and its impact on children are limited in India and the findings suggest that out of the parenting styles studied authoritative parenting style had the best positive outcome in children whereas both authoritarian and uninvolved parenting styles were associated with negative outcomes such as social anxiety, delinquency, poor academic performance and trauma. The findings on permissive

parenting style were inconclusive as it had both positive as well negative outcomes in children. It was found that the West and India showed similar results in parenting styles. Although traditional India adopted authoritarian parenting, a gradual shift to authoritative parenting is observed as a result of changing societal trends.

**Title: Study to determine the relationship between parenting style and adolescent self-esteem (2021)**

*Koyel Mandal, Suchandra Das et.al* did a research to determine the relationship between parenting style and adolescent self-esteem. The study was conducted on 250 adolescents (124 males and 126 females) and it was found that one-fifth of the adolescents (more commonly females) had low self-esteem because of the gender difference in the Indian context where differential treatment is shown towards sons and daughters by their parents. Next in the study it was found that authoritative parenting is associated with higher self-esteem among adolescents, authoritarian parenting style is associated with moderate self-esteem and permissive parenting style is associated with both low as well as high self-esteem among adolescents. This study concluded that authoritative parenting style is associated with higher self-esteem level among adolescents.

**Title: Impact of parenting style on the self-esteem of adolescence (2022)**

*Bhawini Vasudeva* conducted a research to study the impact of parenting style on the self-esteem of adolescents and to examine whether there is a gender difference in this case or not. It was administered on a total of 160 participants with equal number of males and females. The tools used were Parental Authority Questionnaire (PAQ) and Rosenberg Self-Esteem Scale (RSES). The research indicated that there is a significant gender difference between the level of self-esteem scores due to different parenting styles. As the result was calculated it was found that female adolescents tend to have higher self-esteem than male adolescents. It was found that increasing the permissive parenting style led to higher self-esteem and authoritarian parenting style led to lower self-esteem. This study showed parallel results with respect to other studies where males had higher self-esteem than females and authoritative parenting style was linked to higher self-esteem and permissive had mixed results.

**Title: Self-Efficacy and Self-Esteem among adolescents: Role of parenting style (2023)**

*Ravi P. Panday, Shivangi Bansal and Aibel Benny* did a study on the role of parenting style on the self-efficacy and self-esteem among adolescents. The study was

conducted on 140 adolescents (70 males and 70 females) from Kerala within the age group of 15-19 years. The first hypothesis of the study which says that “there would be significant gender difference on self-esteem”, was rejected. This finding was not supported by previous studies which states that male participants showed higher self-esteem than females. The second hypothesis of the study was “there would be significant gender difference on level of self-efficacy”, was also rejected. Although male participants scored higher on self-efficacy than females there was no significance found. Previous studies were also inconsistent with this finding which stated that female participant showed high self-efficacy than males. The third hypothesis was also rejected as the gender differences was not seen. The fourth and the fifth hypothesis that parenting style would be significantly and positively correlated with adolescent self-efficacy and self-esteem of adolescents was partially accepted.

**Title: A study on perceived parenting styles and resilience among college students (2024)**

*Shivam Mishra* did a study on perceived parenting styles and resilience among college students. In this study a total sample of 160 college students (80 males and 80 females) were collected from NCR, Delhi. The findings suggested that is significantly positively related with authoritative

parenting style. However, between authoritarian parenting style and resilience; permissive parenting style and resilience, a significant negative correlation was found. The findings suggest that individuals who perceive their parents as authoritative tend to exhibit higher levels of resilience on the other hand individuals who perceived their parents as authoritarian and permissive tend to exhibit low levels of resilience. The results found that males have high resilience than females however no gender differences were found in perceived parenting styles.

### **Objectives of the Study**

#### **Primary Objective**

To examine the impact of parenting styles on the self-esteem of college students

#### **Secondary Objective**

- To identify the parenting style (authoritative, authoritarian, permissive) perceived by college students using the Parental Authority Questionnaire (PAQ).
- To assess the level of self-esteem among college students using the Rosenberg Self-Esteem Scale (RSES).
- To examine the relationship between each parenting style and self-esteem of college students.

## Need of the Study

Self-esteem plays a very important role in the overall development of an individual. Late adolescence and early development are critical developmental stages during which individuals form their identity, self-concept and self-worth. During this period parental influence plays a crucial role in shaping the individual's personality, psychological well-being and performance. In Indian society, parenting is often influenced by traditional values, culture, respect for authority and strong parental involvement. Parents place high emphasis on obedience, discipline, expectations and academic achievement. All these are concerns by the parents for their children but sometimes it limits open communication, lack emotional expression and emotional regulation.

There are several studies that have examined parenting styles in western contexts but there are very few researches focusing specifically on college students in the Indian context. Given the unique structure and style of Indian parent's behavior towards their children, it becomes important to study the impact of parenting style on the self-esteem of college students. Also, during college years, individuals go through psychological and emotional development, forming their identity. When parental expectations and discipline

become too rigid or overly controlling it may affect the development of self-esteem. Individual who may feel pressured and controlled may experience self-doubt, lack of confidence or internal conflict. On the other hand, supporting and understanding parenting may result in high self-worth and confidence.

Therefore, the present study is needed to understand how parenting influences the self-esteem of college students. How different parenting styles adopted by parents impact the self-esteem, whether their impact is positive or negative.

## Materials and Methods

Two standardized scales were used to assess the parenting style and self-esteem of the college students.

Parental Authority Questionnaire (PAQ) developed by Buri (1991) was used to assess students' perception of parenting styles. The scale measures three parenting styles: Permissive, Authoritarian, and Authoritative. It consists of 30 items rated on a 5-point Likert scale ranging from Strongly Agree to Strongly Disagree.

Rosenberg Self-Esteem Scale (RSES) developed by Rosenberg (1965) was used to assess the self-esteem of individuals. The scale consists of 10 items rated on a 4-point Likert scale ranging from Strongly Agree to Strongly Disagree.

The data were collected from 110 undergraduate college students using these two standardized questionnaires. It was administered to the participants after obtaining consent. Participants were assured confidentiality of their response. Both the scales were used in combination with each other i.e. the individual first responds to the PAQ and then based on that responds to the RSES.

**Table 1 Descriptive Statistics and Correlation between Parenting Styles and Self-Esteem among College Students**

Parenting Style	Mean score	Standard deviation	Correlation with self-esteem
Permissive	30.7	5.78	0.083
Authoritarian	31.9	7.61	-0.154
Authoritative	35.5	6.46	0.148

## Discussion

The study examined the relationship between different parenting styles and the self-esteem of college students.

The correlation analysis revealed a very weak positive relationship between permissive parenting and self-esteem ( $r=0.083$ ), a weak negative relationship between authoritarian parenting and self-esteem ( $r=-0.153$ ), and a weak positive relationship between authoritative parenting and self-esteem ( $r=0.148$ ).

These results suggest that permissive parenting is slightly associated with higher self-esteem, while authoritarian parenting may be linked to slightly lower self-esteem and authoritative parenting appears to have a weak positive association with self-esteem.

These findings align with previous researches indicating that authoritarian parenting can negatively impact self-esteem whereas authoritative parenting is generally linked to high self-esteem.

However, the correlations are weak, highlighting that parenting styles are alone not a strong predictor of self-esteem. Other factors, such as peer relationships, academic experiences, and cultural influences, may also play a significant role. Overall, while parenting styles have some influence on the self-esteem of individuals, its effect on among college students' self-esteem appears to be limited.

## Challenges of the Study

One of the major challenges of the study is the reliance on self-report measures, the ones used here are Parental Authority Questionnaire (PAQ) and the Rosenberg Self-Esteem Scale (RSES). Participants may respond in socially desirable manner rather than giving honest responses, which may affect the accuracy of the data.

Another challenge is that the PAQ is measured from the students' perspective and may not always be accurate about the behavior of parents. Personal biases, emotions and current relationship with the parent may influence responses.

Since the study is limited to college students within a limited geographical area, there is no generalizability of the findings.

### **Suggestions**

The present study can be improved in several ways in the future. First, it can be studied by including a larger and more diverse sample size, covering students from different states, rural and urban areas, different socio-economic backgrounds to increase the generalizability.

It can also include various methods of data collection, such as observations, interviews with the parents as well as students, parental reports etc. this would reduce bias and provide a more comprehensive view of parental behavior.

Other factors such as gender, socio-economic status, academic performance, emotional intelligence, peer relationships, motivation, self-regulation, self-concept etc. can be taken into consideration with parenting styles to study it more properly.

### **Conclusion**

The present study was conducted to study the impact of parenting styles on the self-

esteem among college students. The main objective of doing this study is to evaluate the effects of different parenting styles (permissive, authoritarian, and authoritative) on the self-esteem. The study revealed that there is weak positive relationship between permissive ( $r=0.083$ ) and authoritative parenting ( $r=0.148$ ) with self-esteem, and a weak negative relationship of authoritarian parenting ( $r=-0.153$ ) with self-esteem. These findings suggests that the parenting styles may have a limited impact on self-esteem, with authoritarian parenting slightly associated with lower self-esteem and authoritative and permissive parenting slightly associated with higher self-esteem. This study indicates the importance of parenting in shaping the self-esteem, while also acknowledging that other factors also play a crucial role. Further research with larger and more diverse samples is suggested to better understand these relationships.

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