

“Relationship between Perceived Parenting Style and Self-Esteem among Adolescents in Selected Schools, Mukkam, Kozhikode”

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DOI: <https://doi.org/10.51244/IJRSI.2026.13010085>

Received: 12 January 2026; Accepted: 17 January 2026; Published: 01 February 2026

ABSTRACT

Adolescence establishes foundational patterns for lifelong health, academic success, social functioning, and emotional well-being, yet marks heightened vulnerability to mental health issues and low self-esteem. This study assessed the relationship between perceived parenting styles and self-esteem among adolescents. Additional objectives examined parenting style distribution, self-esteem levels, and associations with demographic variables, grounded in Betty Neuman's Systems Model. A descriptive study was conducted with 100 adolescent students at MKHMMO Higher Secondary School, Manassery, Calicut, using the Rosenberg Self-Esteem Scale, the Perceived Parenting Style Scale (Divya T. V. & Manikandan, K.), and a demographic proforma. Data analysis employed descriptive and inferential statistics. Most adolescents exhibited moderate self-esteem (64%), with 29% high and 7% low. Authoritative parenting perception (82%) correlated descriptively with higher self-esteem (31.7% high, 62.2% moderate, 6.1% low), while authoritarian (9%) and permissive (9%) styles linked to lower levels. Chi-square analysis revealed no significant association ($\chi^2 = 9.49$, $p > .05$; critical value = 5.37).

Keywords: parenting styles, adolescent self-esteem

INTRODUCTION

Adolescence represents a critical developmental phase characterized by rapid physical, emotional, and psychological transformations that shape lifelong identity and mental health. Self-esteem formation during this period profoundly influences behavior, coping mechanisms, and emotional well-being, with perceived parenting styles emerging as a primary determinant. These styles like authoritative, authoritarian, permissive, and neglectful, reflect consistent parental strategies that adolescents interpret as warmth/support versus control/neglect.

Authoritative parenting, balancing high responsiveness with clear expectations, consistently correlates with optimal adolescent self-esteem through fostering autonomy and security. In contrast, authoritarian (high control, low warmth) and permissive (high warmth, low structure) approaches link to diminished self-worth, while neglectful styles pose the greatest risk for emotional difficulties. Research underscores how these parent-child dynamics shape adolescents' self-perception and worldview.

This investigation examines the relationship between perceived parenting styles and self-esteem among adolescents at MKHMMO Higher Secondary School, Manassery, Calicut, grounded in Betty Neuman's Systems Model. Findings aim to inform targeted family-centred nursing interventions, counselling programs, and community strategies promoting healthy youth development.

Problem statement

A study to assess the relationship between perceived parenting style and self-esteem among adolescents in selected schools in Mukkam, Kozhikode.

Objectives

1. To identify the different perceived parenting styles among adolescents
2. To assess the level of self-esteem among adolescents
3. To identify the relationship between parenting styles and adolescent self-esteem
4. To determine demographic factors that affect adolescent self-esteem

Hypothesis

H₀: There is no significant relationship between perceived parenting style and adolescent self-esteem.

Theoretical Framework

Betty Neuman's Systems Model guides this study, conceptualising the adolescent as an open system interacting with stressors across five client system variables (physiological, psychological, sociocultural, developmental, spiritual). Perceived parenting style functions as an interpersonal stressor that penetrates the flexible line of defence, potentially destabilising the normal line of defence and affecting psychological outcomes like self-esteem.

METHODOLOGY

Research approach: Quantitative research approach

Research design: A Non-experimental research design (descriptive design).

Population: The population comprised adolescents aged 13-19 years in Mukkam, Kozhikode, with a sample of 100 students from MKHMMO Higher Secondary School (HSS), Manassery, selected based on specified criteria.

Sample: 100 Adolescent students

Sample technique: Simple random sampling technique

Sampling criteria

1. Inclusion criteria

- Adolescent students in MKHMMO HSS Manassery
- Students who are willing to participate in the study
- Students in the age group of 13-19 years
- Students who can read and write in English and Malayalam

2. Exclusion criteria

- Students who are not present on the day of data collection
- Students below the age of 13 and above the age of 19

Setting of the Study: MKHMMOHSS Manassery, Kozhikode

Variables

Research variables: Perceived parenting style and adolescent self-esteem

Demographic variables: Age, gender, religion and place of residence

Data Collection Tools

Part 1: Socio-demographic data (age, gender, religion, place of residence)

Part 2: Perceived parenting style questionnaire by Dr Manikandan

Part 3: Rosenberg self-esteem scale

Data Collection:

Data collection commenced after securing clearance from the research review committee and obtaining permissions from the Principal of KMCT College of Nursing, Manassery, and the Principal of MKHMMO HSS, Manassery. Institutional ethical approvals ensured compliance with research standards before approaching participants. The structured process then involved administering the socio-demographic proforma, Perceived Parenting Style Scale (Divya T. V. & Manikandan, K.), and Rosenberg Self-Esteem Scale to the 100 adolescent students.

Ethical Considerations:

The research proposal was presented to the research review committee of KMCT College of Nursing, and approval was obtained. Ethical clearance was secured from the KMCT Ethics Committee. Informed consent was obtained from all participants.

RESULTS

Demographic characteristics revealed that most adolescents (72%) were aged 15-16 years ($M = 16.08$, $SD = 0.84$), followed by 27% aged 17-18 years and 1% aged 19 years. Females comprised 58% of the sample versus 42% males. Regarding residence, 58% lived rurally, 32% urbanely, and 10% elsewhere; religiously, 85% were Muslim and 15% Hindu.

Most adolescents exhibited moderate self-esteem (64%), 29% high, and 7% low. Chi-square tests showed no significant associations with demographics: age ($\chi^2 = 0.58$, $df = 4$, $p = .90$); gender ($\chi^2 = 0.01$, $df = 1$, $p = .94$); residence ($\chi^2 = 0.56$, $df = 4$, $p = .90$); religion ($\chi^2 = 0.06$, $df = 1$, $p = .82$).

Authoritative parenting was perceived by 82% of adolescents, authoritarian and permissive by 9% each. Among those perceiving authoritative style, 31.7% had high, 62.2% moderate, and 6.1% low self-esteem; authoritarian: 1% high, 6% moderate, 2% low; permissive: 2% high, 7% moderate. No significant association emerged ($\chi^2 = 5.37$, $df = 4$, $p = .25$).

Table 1. Frequency (Percentage) Distribution of Socio-Demographic characteristics of the sample

Demographic variables	Frequency	Percentage
Age		
13-14	-	-
15-16	72	72%
17-18	27	27%

19	1	1%
Gender		
Male	42	42%
Female	58	58%
Place of residence		
Urban	32	32%
Rural	58	58%
Others	10	10%
Religion		
Hindu	15	15%
Muslim	85	85%
Christian	-	-
Others	-	-

Table 2 frequency (percentage) distribution of parenting style.

Type of parenting style	Frequency	Percentage
Authoritative	82	82%
Authoritarian	9	9%
Permissive	9	9%

Table 3 frequency (percentage) distribution of self esteem among adolescent students.

Self esteem	Frequency	Percentage
Low self esteem	7	7%
Moderate self esteem	64	64%
High self esteem	29	29%

Table 4 frequency (percentage) distribution of self-esteem among different parenting styles.

Parenting style	Low self esteem	Moderate self esteem	High self esteem	Total
Authoritative	5(6.1%)	51(62.2%)	26(31.70%)	82(100%)
Authoritarian	2(22.22%)	6(66.67%)	1(11.11%)	9(100%)
Permissive	-	7(77.78%)	2(22.22%)	9(100%)
Total	7	64	29	100

Table 5: frequency and distribution of self-esteem and demographic variables

	Low self esteem	Moderate self esteem	High self esteem
Age			
15-16	5	46	21
17-18	2	17	8
19	0	1	0
Gender			
Male	3	27	12
female	4	37	17
Place of residence			
Urban	2	20	10
Rural	4	37	17
Others	1	7	2
Religion			
Hindu	1	10	4
Muslim	6	54	25

DISCUSSION

This study explored the relationship between perceived parenting style and adolescent self-esteem among 100 students at MKHMMO HSS, Manassery, Calicut. Results revealed authoritative parenting as most prevalent (82%), moderate self-esteem as dominant (64%), and no significant association between parenting style and self-esteem ($\chi^2 = 5.37$, $df = 4$, $p = .25$).

These nonsignificant findings align with McClure et al. (2010), where parental responsiveness showed only a protective trend (OR = 0.85, 95% CI [0.70, 1.02], $p = .08$) after controlling for confounders among 6,522 U.S. adolescents. Similarly, Karavasilis et al. (2003) found weak parenting correlations ($\beta = 0.11$, $p > .05$) versus stronger maternal attachment effects ($\beta = 0.35$, $p < .01$) in 203 Canadian youth.

Kaur and Kaur (2015) reported comparable nonsignificance ($F = 2.07$, $p = .078$) among 100 Indian adolescents, suggesting cultural moderation of parenting effects. Garber et al. (1997) emphasised multifactorial influences—peers, temperament, school environment—over isolated parenting practices, consistent with this Kerala study's complex self-esteem dynamics.

RECOMMENDATIONS

Replicate this study with larger samples and in diverse settings beyond Kozhikode higher secondary schools.

Conduct longitudinal research to evaluate long-term effects of perceived parenting styles on adolescent development and self-esteem.

Explore mediating factors such as peer attachment, school environment, and cultural influences through mixed-methods designs.

CONCLUSION

This study found no significant association between perceived parenting style and adolescent self-esteem ($\chi^2 = 5.37$, $df = 4$, $p = .25$). However, adolescents perceiving authoritative parenting (82% of sample) exhibited descriptively higher self-esteem levels (31.7% high vs. 1-2% in other styles), suggesting potential clinical benefits despite statistical nonsignificance.

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