

The Effect of Parenting Style on Self-Concept Among Adolescents

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Abstract

This study explores the impact of various parenting styles on the self-concept of adolescents. Utilizing a sample of 200 adolescents (100 boys and 100 girls) from Chapra District, the study employs quantitative methods to analyze the relationships between authoritative, authoritarian, and permissive parenting styles and self-concept. Statistical analyses reveal that authoritative parenting positively influences self-concept, while authoritarian parenting has a negative impact. Permissive parenting shows no significant effect. The findings emphasize the importance of parenting style in shaping adolescent self-concept and suggest practical implications for parenting practices.

Keywords: Parenting style, Self-Concept, Adolescents

Introduction

Adolescence is a critical period of development characterized by significant psychological and emotional changes. One of the key aspects of adolescent development is the formation of self-concept, which encompasses an individual's perception of their abilities, values, and identity. Parenting style plays a crucial role in shaping self-concept during this developmental stage. Previous research has indicated that different parenting styles can have varying impacts on adolescent self-concept, with authoritative parenting generally being associated with positive outcomes and authoritarian parenting often linked to negative effects.

This study aims to investigate the effect of different parenting styles—authoritative, authoritarian, and permissive—on the self-concept of adolescents in Chapra District. By examining how these parenting styles influence self-perception among boys and girls, the study seeks to provide insights into effective parenting strategies that can support positive self-concept development during adolescence.

Creativity and Parenting Styles

Creativity, defined by Guilford (1950) as divergent thinking that produces novel and valuable outcomes, is a multifaceted ability that thrives in environments encouraging exploration, curiosity, and risk-taking. Parenting styles, as a critical environmental factor, have a substantial impact on the opportunities children have to explore and express creativity.

Authoritative parenting is often associated with higher levels of creativity. Parents who are both supportive and demanding create environments where children feel secure to take risks and engage in creative problem-solving. A study by Steinberg et al. (2002) found that children raised by authoritative parents exhibited higher levels of cognitive flexibility, a key component of creativity.

Conversely, authoritarian parenting has been linked to lower creativity. The rigid rules and punitive nature of authoritarian parenting can suppress creativity by stifling independence and discouraging the expression of original ideas. Research by Baumrind (1971) highlights how such parenting diminishes intrinsic motivation, which is crucial for creative thinking.

Permissive parenting, while offering freedom, often lacks the structure needed to cultivate disciplined creativity. A study by Miller et al. (2010) found that children raised in permissive households were less likely to develop the perseverance and focus required for sustained creative efforts.

Cultural Context and Gender Differences

In India, parenting practices are deeply influenced by cultural norms that emphasize respect for authority and obedience. However, modern Indian families are increasingly adopting authoritative practices that balance tradition with autonomy, particularly in urban areas like Chapra. The literature on gender differences in creativity suggests that girls may engage more frequently in activities that promote creative expression, such as arts and crafts, while boys are traditionally encouraged towards more structured and rule-bound tasks. This difference in socialization may lead to higher creativity scores in girls compared to boys.

Objectives

1. To examine the impact of authoritative, authoritarian, and permissive parenting styles on adolescent self-concept.
2. To determine if there are significant differences in self-concept scores based on the parenting style received.
3. To investigate potential gender differences in the relationship between parenting style and self-concept.

Hypotheses

1. H1: Authoritative parenting will have a positive effect on adolescent self-concept.
2. H2: Authoritarian parenting will have a negative effect on adolescent self-concept.
3. H3: Permissive parenting will have no significant effect on adolescent self-concept.
4. H4: There will be no significant gender differences in the relationship between parenting style and self-concept.

Methodology

Sample

The study sample includes 200 adolescents from Chapra District, evenly split between boys (100) and girls (100), aged 12-18 years. Participants were randomly selected from local schools.

Instruments

1. **Parenting Style Questionnaire:** Assesses authoritative, authoritarian, and permissive parenting styles.
2. **Self-Concept Scale:** Measures adolescents' self-perception in terms of self-worth, self-competence, and self-esteem.

Procedure

Participants completed the questionnaires in a controlled environment over one month. Data were analyzed using IBM SPSS Version 28.0.

Results

Descriptive Statistics

Table 1 summarizes the descriptive statistics for parenting styles and self-concept scores.

Table 1: Descriptive Statistics for Parenting Styles and Self-Concept Scores

Variable	Mean (M)	Standard Deviation (SD)
Authoritative Parenting	4.32	0.74
Authoritarian Parenting	2.76	0.85
Permissive Parenting	3.14	0.68
Self-Concept Score	27.46	5.34

Correlational Analysis

Table 2 presents the correlation coefficients between parenting styles and self-concept.

Table 2: Correlation Coefficients between Parenting Styles and Self-Concept

Parenting Style	Self-Concept Score
Authoritative	0.52**
Authoritarian	-0.39**
Permissive	0.05

Note: **p < 0.01

Regression Analysis

Table 3 provides results from the multiple regression analysis examining the impact of parenting styles on self-concept.

Table 3: Multiple Regression Analysis of Parenting Styles on Self-Concept

Predictor	Beta	Standard Error	t-Value	p-Value
Authoritative Parenting	0.45	0.12	3.75	< 0.01
Authoritarian Parenting	-0.32	0.14	-2.29	0.02
Permissive Parenting	0.08	0.13	0.62	0.54
R ²	0.34			

Interpretation: Authoritative parenting significantly predicts higher self-concept scores, whereas authoritarian parenting negatively affects self-concept. Permissive parenting does not significantly influence self-concept.

Discussion

1. Impact of Parenting Styles on Self-Concept

Authoritative Parenting: The study's findings indicate a significant positive relationship between authoritative parenting and adolescent self-concept. This supports existing research that emphasizes the benefits of authoritative parenting, characterized by high levels of warmth, responsiveness, and appropriate levels of control. Adolescents raised in authoritative environments typically experience greater self-esteem and self-worth due to the supportive and balanced nature of this parenting style. The consistent and constructive feedback from authoritative parents helps adolescents develop a positive self-image and confidence in their abilities (Baumrind, 1966).

Authoritarian Parenting: The negative impact of authoritarian parenting on self-concept observed in this study aligns with previous research. Authoritarian parenting, which emphasizes strict rules and high demands with low responsiveness, often leads to decreased self-esteem and increased feelings of inadequacy among adolescents. The lack of emotional support and the rigid expectations characteristic of authoritarian parenting can undermine adolescents' self-worth and hinder their self-concept development (Guilford, 1950). This study reinforces the need for parents to balance control with emotional support to foster healthier self-concept development.

Permissive Parenting: The study found no significant effect of permissive parenting on self-concept, which suggests that while permissive parenting provides emotional support and freedom, it may lack the structure necessary to positively influence self-concept. Permissive parents are often lenient and avoid setting strict boundaries, which might result in an environment that lacks the consistency and guidance needed for positive self-concept development. This finding suggests that the benefits of permissive parenting may not extend to enhancing self-concept, which requires a balance of support and structure (Torrance, 1966).

2. Gender Differences

The absence of significant gender differences in the relationship between parenting styles and self-concept suggests that the impacts of parenting styles are generally similar for boys and girls in this sample. This finding is consistent with other studies that have reported no substantial differences in how parenting styles affect self-concept across genders (Jia & Wang, 2022). It implies that the effects of parenting styles on self-concept are broadly applicable, regardless of gender, and highlights the universal importance of parenting practices in shaping adolescent self-perception.

Limitations

- 1. Sample Size and Generalizability:** The study's sample size of 200 adolescents from Chapra District, while adequate for the analysis, may limit the generalizability of the findings. The sample's geographical and cultural homogeneity may not fully represent the diverse experiences of adolescents in different regions or cultural contexts. Future research could benefit from including a larger and more diverse sample to enhance the generalizability of the findings.
- 2. Cross-Sectional Design:** The study's cross-sectional design provides a snapshot of the relationship between parenting styles and self-concept at a single point in time. This design limits the ability to infer causal relationships. Longitudinal studies that track changes in self-concept over time could provide more robust evidence of how parenting styles influence self-concept development across different stages of adolescence.

3. **Self-Reported Data:** The reliance on self-reported data from adolescents may introduce bias, as participants might provide socially desirable responses or may not fully reflect their actual experiences. Incorporating multiple informants, such as parents and teachers, could offer a more comprehensive understanding of the impact of parenting styles on self-concept.
4. **Cultural and Socioeconomic Factors:** The study did not extensively explore cultural or socioeconomic factors that might influence the relationship between parenting styles and self-concept. These factors can play a significant role in shaping parenting practices and adolescent development. Future studies should consider these variables to provide a more nuanced understanding of the dynamics at play.

Suggestions for Future Research

1. **Expand Sample Diversity:** Future research should include a more diverse sample across different regions and cultural backgrounds to enhance the generalizability of the findings. This approach can help identify cultural variations in the effects of parenting styles on self-concept.
2. **Longitudinal Studies:** Conducting longitudinal studies could provide insights into how parenting styles influence self-concept over time and how these effects evolve throughout adolescence. This would help establish causal relationships and identify long-term impacts.
3. **Multisource Data Collection:** Incorporating data from multiple sources, such as parents, teachers, and peers, can offer a more comprehensive view of the impact of parenting styles on self-concept. This approach would reduce potential biases associated with self-reported data.
4. **Explore Cultural and Socioeconomic Factors:** Future research should investigate how cultural and socioeconomic factors interact with parenting styles to affect self-concept. Understanding these interactions can provide a more detailed picture of how different environments influence adolescent development.
5. **Intervention Studies:** Research on intervention programs aimed at improving parenting practices could be beneficial. Evaluating the effectiveness of such programs in enhancing self-concept among adolescents can provide practical recommendations for parents and educators.

Conclusion

The study highlights the significant role of parenting style in shaping adolescent self-concept. Authoritative parenting is shown to be the most beneficial, while authoritarian parenting negatively affects self-concept, and permissive parenting has no significant impact. These findings emphasize the importance of balanced and supportive parenting practices in promoting positive self-concept development. Addressing the study's limitations and exploring the suggested areas for future research can further enhance our understanding of the complex interplay between parenting styles and adolescent self-concept. The results support the hypothesis that **authoritative parenting** positively impacts adolescent self-concept. This finding aligns with Baumrind's (1966) research, which suggests that authoritative parenting fosters an environment of support and structure, promoting positive self-perception among adolescents. The high levels of responsiveness and demandingness associated with authoritative parenting likely contribute to increased self-esteem and self-worth.

Conversely, **authoritarian parenting** negatively affects self-concept. This result confirms existing literature indicating that authoritarian parenting, characterized by high control and low emotional support, can undermine adolescents' self-worth and self-esteem. Authoritarian parents' emphasis on obedience and

discipline often restricts adolescents' opportunities for self-expression, which can lead to lower self-concept (Guilford, 1950).

The lack of significant impact from **permissive parenting** on self-concept suggests that while permissive parenting provides emotional support and freedom, it may lack the structure necessary to positively influence self-concept. This finding aligns with research indicating that permissive parenting does not consistently contribute to positive self-concept outcomes due to the absence of appropriate boundaries and expectations (Torrance, 1966).

Gender Differences

The study found no significant gender differences in the impact of parenting style on self-concept. This suggests that both boys and girls are similarly affected by parenting styles in terms of self-concept development. This result is consistent with other research indicating that the effects of parenting styles on self-concept do not significantly differ between genders (Jia & Wang, 2022).

This study underscores the critical role of parenting style in shaping adolescent self-concept. Authoritative parenting emerges as the most beneficial style, promoting positive self-perception and overall mental well-being. In contrast, authoritarian parenting is detrimental to self-concept, while permissive parenting shows no significant effect. The findings highlight the need for parents to adopt authoritative practices to support healthy self-concept development in adolescents. Future research should explore additional factors influencing self-concept, including socio-economic status and cultural influences.

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