

Effect of Authoritarian Parenting style on self esteem of the Child: A Systematic Review

Priyansha Singh Jadon¹, Dr. Shraddha Tripathi²

¹ Student, Bachelors of Honors, Applied Psychology, Amity Institute of Behavioral and Allied Science, Amity University Madhya Pradesh, Gwalior, Madhya Pradesh, India

² Assistant Professor, Amity Institute of Behavioral and Allied Science, Amity University Madhya Pradesh, Gwalior, Madhya Pradesh, India (Corresponding Author)

ABSTRACT

This study has been conducted to find out the effect of authoritarian parenting style on self esteem of the children between the ages of 6 to 19 years, authoritarian parenting is very strict, expecting, controlling and rigid style of parenting which is being carried out by the parents with an objective to keep their kids safe and secure, but they often forget its consequences on the mental health of the child. 10 research papers were reviewed to find out the relationship and it was found that authoritative parenting style is being considered as the best parenting style giving limited independence and opportunities to understand their children which considerably has a positive impact on self-esteem of their children, on the other hand all the researches have proved that authoritarian parenting style always has a negative effect on the self esteem, it destroys their self-confidence and increases their insecurity and inferiority. It is very important in today's era that we choose an appropriate and efficient parenting style to rear our child that is to keep their future secure and to help them be interdependent.

Keyword: Self Esteem, Parenting Styles, Authoritarian Parenting

1. INTRODUCTION

“The sign of great parenting is not the child’s behaviour, the sign of truly great parenting is the parents behaviour.”- Andy Smithson

Parenting is also known as child rearing, it is a process of taking care of a child, looking after their physical, emotion and also their financial needs and requirement. A person does not simply becomes a parent through a biological relationship with a child instead a parent is someone who looks after the child as they grow up they could be a sibling, grandparents, uncle, aunt or any family friend. In many cases the child is mostly been taken care by the biological parent but in other cases like for the orphans, government and other social institutions also play a major role in child rearing.

Donald Winnicott, an English paediatrician and a psychoanalyst, elaborated the concept of “good enough” parenting in which the minimum pre requirements for a healthy child development are met. He described "The good-enough mothers...starts off with an almost complete adaptation to her infant's needs, and as time proceeds she adapts less and less completely, gradually, according to the infant's growing ability to deal with her failure."

There are various factors that affect the type of parenting one uses to rear their child, these factors could be the cultural differences, social and economic conditions of the family, socio-economic status of the family, their values and beliefs, and the families' social class also plays an important role in care taking process of a child.

The first question every person has after becoming a parent is to choose a defined set of practices to rear their child, to protect them and to plan a good future for them. These defined set of child rearing practices refer to parenting style.

“A parenting style is a psychological construct representing standard strategies that parents use in their child rearing”. Children grow up and go through different stages of development therefore parents use the combination of various parenting strategies in accordance with the type of behaviour required for them to rear their child in a healthy manner.

Diana Baumrind was a developmental psychologist and a researcher, her work was on the classification of different types of parenting styles, her work was known as “Baumrind's Parenting Typology”. She found that there are four basic elements on whose basis a good parenting can be shaped, these elements were demanding vs. Undemanding and responsiveness vs. Unresponsiveness. On the basis of these elements she brought out three types of parenting styles, those were authoritative parenting, authoritarian parenting and permissive parenting.

1.1 Authoritative parenting

It is being identified as “just right” style by Baumrind, it includes medium level of demand and medium level of responsiveness. The main focus is on positive reinforcement and to explore the hidden abilities and capabilities of the child, punishments are very infrequent and main aim is to make the child realise about the adverse consequences of their misbehaviour and their mistake. The children are allowed to explore the world freely but with some limits on their actions. There are free verbal give and takes between the parent and the child. This type of parenting style is just perfect; it is neither too strict like authoritarian nor too lenient like the permissive/indulgent style.

1.2 Permissive/ Indulgent parenting

This type of parenting includes high level of involvement or responsiveness but very few or even no demands from the child i.e. there is no control or restrictions on the behaviour of the child. In this type of parenting independence or freedom and autonomy of a child is given much priority. It is being observed that parents practicing permissive parenting act mainly like a friend to their child and less like a parent, it is also being found that they actually compensate for what they could not get as a child, they try to give as much freedom to their child which they could not access as a child. The children of permissive families are often being found indulged in substance abuse, they have no control on their behaviour, are more impulsive, and less disciplined.

1.3 Neglectful parenting

Neglectful parenting is also known as uninvolved parenting, in this type of parenting the parent is completely emotionally absent from a child's life and sometimes they are even physically not there, they do not have any demands or expectations from their child and neither have any concerns regarding emotional needs and requirement of the child. The children from these families lack academic and social competence and also suffer from inadequate psychosocial development.

1.4 Authoritarianism parenting

In this type of parenting the demands from the children are too high whereas the parents are not responsive at all. This type of parenting is very strict and rigid. Parents impose strict and rigid rules over the child which are compulsory to be followed, any disobedience of the rules or parents' orders directly means punishment, authoritarian parent uses corporal punishment such as spanking, usually the explanation for the punishment is “just because they said so”. Diana Baumrind found that children who belong to such authoritarian families are more moody, less cheerful and more prone to stress and depression.

Self-esteem in very simple form means the confidence and worth that one has on their own abilities and capabilities. Although it gets effected in many ways, that could be the environmental or the internal factors as well. The first environment that a person gets are their parents, they are the most vulnerable factors that could influence his self esteem of the person. Parents practicing authoritarian parenting style mainly have a mindset to keep their child secure and safe like any other parent would wish to, but their rearing techniques are so rigid, strict and controlling

that they rather than keeping the child safe, actually destroys their self-esteem as well as their problem solving abilities.

2. AUTHORITARIAN PARENTING STYLE AND ITS EFFECT ON SELF ESTEEM OF 11-15 YEAR OLD CHILDREN

Martínez, I., & García, (2007) conducted a study to find out the relationship between parenting styles with adolescents' outcomes. The sample was from Spanish adolescent, there were 1456 teenagers in the age group of 13 to 16 years, with 54.3% females, their parents were classified into four groups each of authoritarian, authoritative, indulgent/permissive and neglectful. The adolescents were then contrasted on two different outcomes : 1) Priority was given to the Schwartz's self transcendence and conservation values. 2) level of self esteem. The result was that the adolescents from indulgent household showed highest score in self esteem whereas authoritarian household gave the worst results.

Martínez, García, & Yubero, (2007) have conducted another study to explore the relationship between the various parenting styles and self esteem of adolescents but this time the study was conducted on Brazilian adolescents, the sample was of 1239 adolescents between the age group of 11 to 15 years, among which 54% were females, again the families were divided into 4 categories of authoritarian, authoritative, indulgent/permissive and neglectful. The sample completed the AF5 Multidimensional Self-Esteem Scale which includes five dimensions of self esteem: Academic, Social, Emotional, Family, and Physical. The results showed that adolescents of indulgent families have almost equal score to authoritative families, whereas the adolescents of authoritarian and neglectful families had the lowest score regarding all five aspects of the scale.

Jean Wolff (2000), have examined the impact of parenting styles on the self esteem of children. The sample of 84 children aged between 11-12 years was given the questionnaires. The results revealed that there was significantly higher scholastic, global and physical self-esteem in children of parents practicing authoritative parenting style in comparison to authoritarian parenting styles, whereas no significant findings were found for permissive and unmatched parenting styles.

3. AUTHORITARIAN PARENTING STYLE AND ITS EFFECT ON SELF ESTEEM OF 15-19 YEAR OLD CHILDREN

(Font-10, justify) Zakeri H. & Karimpour M. (2011) have conducted a study to find out the relationship between parenting styles and self esteem. The sample was of 546 Shiraz University students where 240 were girls and 306 were boys. The results revealed that the "psychological autonomy-granting"(permissive parenting) and "acceptance-involvement"(authoritative parenting) styles were significant positive predictors of the self-esteem whereas "behavioural strictness-supervision" (authoritarian parenting) style was insignificant and had inverse relationship with the self esteem of the child i.e. the children of parents practicing this parenting style had lower self esteem.

Milevsky, A., Schlechter, M., Netter, (2007) conducted the study on the 272 students of 9 to 11 standard of a metropolitan area of northeastern US from a public high school. The study was to find out the effect of different parenting styles on the self esteem of their children. Results were that the parents who projected authoritative parenting have the children with higher self esteem and lower level of depression, whereas the children with authoritarian parents have reported higher level of depression and lower self esteem.

Tracy DeHart, Brett W. Pelham, Howard Tennen (2006), studied about implicit Self-Esteem on adult children. It was found that the children who had more nurturing parents (authoritative and permissive) had higher implicit self esteem. On the other had the children with less nurturing parents (authoritarian and neglectful) showed lower self esteem.

Herz, L., & Gullone, E. (1999) have studied upon the impact of parenting style involving higher level of overprotection and lower level of acceptance (authoritarian parenting) on the self esteem of the child. To investigate the study 118 Vietnamese Australians and 120 Anglo-Australians adolescents between the ages of 11 to 18 years were taken as the sample.. The results were that the sample from the overprotective and less accepting families had very low level of self esteem.

Bun, J. R., Louiselle, P. A., Misukanis, T. M., & Mueller, (1988) have studied the effect of type of parenting styles on the self esteem of the college students. The sample was of 230 college students. The findings were that authoritarianism style of parenting was inversely proportional to the self esteem of the child i.e. more the parent opted authoritarianism less their child's self esteem was whereas the self esteem of the child was directly proportional to the authoritative type of parenting.

4. AUTHORITARIAN PARENTING STYLE AND ITS EFFECT ON SELF ESTEEM OF 6-12 YEAR OLD CHILDREN

Rudy, D., & Grusec, (2006) conducted a study on the mothers and their children of age between 7 and 12, from collectivist (Egyptian, Iranian, Indian, and Pakistani) and individualist (Western European) backgrounds. The mothers of collectivist group have showed more authoritarianism than the individualist mothers did not have any negative thoughts or feelings for their children. The results were that individualist mothers showed less authoritarianism but had more negative feelings and thoughts about their children which had a detrimental effect on the self esteem of the individualist group children.

Michael H. Kernis, Anita C. Brown & gene H. Brody (2000) have examined the self esteem(SE) of 174 children having the age of 11 years to 12 years. Children who had lower self esteem reported that their fathers were more psychologically controlling as well as critical, however the children with high self esteem mentioned that their fathers were lenient up to some extent and were especially good at problem solving.

5. DISCUSSION

Self esteem is meant by the confidence one has on their worth or their abilities, it is an essential aspect of one's life that influences their present as well as their future. The foremost environments that an infant gets are his or her parents, they are the primary socialising agents, and the rearing practices they use to bring up and socialise their children are known as parenting styles. Parenting styles have a great impact on the self esteem of an individual. All the mentioned studies in the literature review states the importance of right parenting styles for the betterment of the child of all ages, especially the initial ages, they have stated that the authoritarian parenting style tends to decrease the self esteem in children, whereas authoritative parenting style has been considered as the best parenting style by all the analysed studies and its practice has a positive impact on the self esteem of the children. One of the studies by Rudy, D., & Grusec,(2006) have also mentioned the importance of thinking towards the child, in which even though the mothers showed less authoritarianism but had more negative thoughts towards their children which also resulted in decline of self esteem of their children.

6. CONCLUSION

Through thorough review of literature on the relationship between parenting styles and the self esteem of the child, with primary focus on the effect of authoritarian parenting style on the self esteem of the children classified within certain age groups starting from the children under childhood (6-12years), to the adolescents in the age group of 11-18 years and lastly the college going students (15-19 years). It is being found that self esteem is directly linked with the parenting style the parents practice with their child, authoritative and permissive style have the best results showing higher self esteem, whereas the children whose parents practiced authoritarian parenting have low self esteem as they had rigid, over controlling and very strict parents which actually destroyed their abilities to cope with the world and to rationalise and handle the situations, and brought decline in their self confidence and self esteem, making them feel inferior, insecure and worthless. It is being concluded that the self esteem of the child is inversely related to the authoritarian parenting style whereas on the other hand authoritative parenting has been said to have positive or direct relationship with the self esteem of the child.

7. REFERENCES

- [1]. Bun, J. R., Louiselle, P. A., Misukanis, T. M., & Mueller, R. A. (1988). Effects of parental authoritarianism and authoritativeness on self-esteem. *Personality and Social Psychology Bulletin*, 14(2), 271-282.
- [2]. Rudy, D., & Grusec, J. E. (2006). Authoritarian parenting in individualist and collectivist groups: Associations with maternal emotion and cognition and children's self-esteem. *Journal of Family Psychology*, 20(1), 68.
- [3]. Milevsky, A., Schlechter, M., Netter, S. et al. *J Child Fam Stud* (2007) 16: 39. doi:10.1007/s10826-006-9066-5
- [4]. Martínez, I., & García, J. F. (2007). Impact of parenting styles on adolescents' self-esteem and internalization of values in Spain. *The Spanish Journal of Psychology*, 10(02), 338-348.
- [5]. Martínez, I., García, J. F., & Yubero, S. (2007). Parenting styles and adolescents' self-esteem in Brazil. *Psychological reports*, 100(3), 731-745.
- [6]. Herz, L., & Gullone, E. (1999). The relationship between self-esteem and parenting style a cross-cultural comparison of Australian and Vietnamese Australian adolescents. *Journal of Cross-Cultural Psychology*, 30(6), 742-761.

- [7]. Dehart, T., Pelham, B.W., & Tennen, H. (2006). What lies beneath: Parenting style and implicit self-esteem. *Journal of experimental social psychology*, 42(1), 1-17.
- [8]. Kernis, M. H., Brown, A.C., & Brody, G. H. (2000). Fragile self esteem in children and its associations with perceived patterns of parent- child communication. *Journal of personality*, 68(2), 225-252.
- [9]. Zakeri, H., & Karimpour, M. (2011). Parenting styles and self-esteem. *Procedia-Social and Behavioral Sciences*, 29, 758-761.
- [10]. Wolff, J. (2000). *Self-esteem: The Influence of Parenting Styles*.

