



# Exploring the Link: Perceived Parenting Styles and Self-Esteem in Young Adults

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**Abstract:** This study aimed to investigate the relationship between perceived parenting styles (autonomy support, involvement, and warmth) and self-esteem among young adults, and to examine the impact of gender on these perceptions. A sample of 180 young adults aged 18 to 25 was recruited using convenience and purposive sampling techniques. Participants completed an online survey including the Perceptions of Parents Scales (POPS) and Rosenberg's Self-Esteem Scale. Independent samples t-tests were used to explore gender differences in the perception of parenting styles, and Pearson correlation coefficients were calculated to examine the relationships between perceived parenting behaviors and self-esteem. Females reported significantly higher levels of perceived autonomy support, involvement, and warmth from both mothers and fathers compared to males. Significant differences were observed in the perceptions of maternal versus paternal behaviors, with higher scores for maternal autonomy support, involvement, and warmth. Contrary to the hypothesis, perceived parenting behaviors were not significantly related to self-esteem. The findings highlight the influence of gender on perceptions of parenting styles, suggesting that females perceive higher levels of nurturing behaviors from both parents. The lack of significant correlation between perceived parenting styles and self-esteem indicates that other factors may be more critical in shaping self-esteem among young adults. The study underscores the importance of considering gender differences in parenting research and suggests the need for interventions that promote balanced and supportive parenting practices. Future research should address the study's limitations by employing longitudinal designs and broader sampling techniques to enhance the generalizability of the findings.

**Keywords:** parenting styles, self-esteem, young adults, gender differences, autonomy support, involvement, warmth, Perceptions of Parents Scales, Rosenberg's Self-Esteem Scale

## I. INTRODUCTION

Self-esteem is a crucial component of psychological well-being and development in young adults, influencing various aspects of their lives, including academic performance, social relationships, and overall mental health. Parenting styles, which refer to the methods and approaches parents use in raising their children, play a significant role in shaping the self-esteem of young adults. The four primary parenting styles—authoritative, authoritarian, permissive, and neglectful—each exhibit different levels of responsiveness and demandingness, which uniquely affect the development of self-esteem in young adults.

Authoritative parenting, which combines high responsiveness with high demandingness, is widely recognized for its positive impact on self-esteem. Research by Martinez et al. (2020) across Spain, Portugal, and Brazil demonstrated that young adults raised by authoritative parents exhibited higher levels of self-esteem and internalization of social values. Similarly, Mandal et al. (2020) found that authoritative parenting was associated with higher self-esteem levels among young adults in India, underscoring the benefits of this balanced parenting style in diverse cultural contexts (Martinez et al., 2020; Mandal et al., 2020).

In contrast, authoritarian parenting, characterized by high demandingness and low responsiveness, tends to have a negative impact on self-esteem. Sethi and Singh (2023) reported that young adults in India subjected to authoritarian parenting exhibited lower self-esteem, highlighting the detrimental effects of rigid and controlling parenting practices. Reese (1996) also found that maternal authoritarian parenting was associated with lower self-esteem in high school students, indicating the broader implications of this parenting style on young adults' self-worth (Sethi & Singh, 2023; Reese, 1996).

Permissive parenting, which involves high responsiveness but low demandingness, presents a more complex relationship with self-esteem. While some studies, such as those by Wolff (2000) and Beh et al. (2019), suggest that permissive parenting can lead to lower self-esteem due to a lack of structure and expectations, others indicate potential benefits in fostering autonomy and self-confidence. This nuanced relationship calls for further investigation into how permissive parenting impacts self-esteem in young adults (Wolff, 2000; Beh et al., 2019).

Neglectful parenting, characterized by low responsiveness and low demandingness, is generally associated with the poorest self-esteem outcomes. Pinquart and Gerke (2019) conducted a meta-analysis revealing that neglectful parenting is linked to significantly lower levels of self-esteem among young adults, emphasizing the negative impact of lack of parental involvement and support (Pinquart & Gerke, 2019).

Cultural context also significantly influences the relationship between parenting styles and self-esteem. Studies conducted in various cultural settings, such as those by Aremu et al. (2019) in Nigeria and Kou (2022) in the United States, highlight that cultural norms and values can moderate the effectiveness of different parenting styles. While authoritative parenting is beneficial across cultures, the specific expressions of parental warmth and support may vary (Aremu et al., 2019; Kou, 2022).

Additionally, the interplay between parenting styles and other psychological outcomes, such as well-being, life satisfaction, and academic performance, further underscores the complexity of young adult development. Research by Kou (2022) and Pérez-Fuentes et al. (2019) shows that self-esteem not only mediates the relationship between parenting and academic success but also enhances overall life satisfaction and mental health (Kou, 2022; Pérez-Fuentes et al., 2019).

This study utilizes the Perception of Parenting Styles Scale, which generates six subscale scores: Mother Autonomy Support, Mother Involvement, Mother Warmth, Father Autonomy Support, Father Involvement, and Father Warmth. By examining these specific dimensions of parenting, the study aims to provide a nuanced understanding of how distinct parental behaviors contribute to the self-esteem of young adults. Prior research highlights the importance of parental involvement, autonomy support, and warmth in fostering positive self-esteem outcomes (Mandal et al., 2020; Pinquart & Gerke, 2019).

In conclusion, understanding the relationship between parenting styles and self-esteem in young adults is essential for promoting positive developmental outcomes. This dissertation aims to explore these dynamics in depth, examining how different parenting approaches influence self-esteem across various cultural contexts and developmental stages. By integrating findings from multiple studies and utilizing a detailed measurement of parenting behaviors, this research seeks to provide a comprehensive understanding of optimal parenting practices that foster healthy self-esteem and overall well-being in young adults.

## II. NEED OF THE STUDY

Self-esteem is a pivotal component of psychological health and development, influencing various domains of a young adult's life, including academic performance, interpersonal relationships, and overall mental well-being. Given its importance, understanding the factors that contribute to the development of self-esteem is crucial. One significant determinant of self-esteem is the parenting style experienced during formative years. This study aims to explore the nuanced relationship between parenting styles and self-esteem among young adults, utilizing the Perception of Parenting Styles Scale and the Rosenberg Self-Esteem Scale.

Parenting styles encompass a range of behaviors and attitudes that parents exhibit toward their children, influencing their psychological development and self-perception. The Perception of Parenting Styles Scale generates six subscale scores—Mother Autonomy Support, Mother Involvement, Mother Warmth, Father Autonomy Support, Father Involvement, and Father Warmth—providing a detailed assessment of parental behaviors. These dimensions are critical in understanding how different aspects of parenting contribute to self-esteem in young adults. Previous research has highlighted the significant impact of parental warmth, involvement, and autonomy support on the self-esteem of adolescents and young adults (Martinez et al., 2020; Mandal et al., 2020). The Rosenberg Self-Esteem Scale, a widely used measure of self-esteem, offers a reliable assessment of an individual's overall self-worth and self-acceptance. By integrating this scale with the Perception of Parenting Styles Scale, this study aims to establish a comprehensive understanding of how specific parenting behaviors correlate with the self-esteem of young adults.

The choice of the Perception of Parenting Styles Scale is particularly pertinent as it allows for a differentiated analysis of maternal and paternal influences on self-esteem. Research indicates that mothers and fathers may impact their children's development differently due to varying roles and expectations in the family dynamic (Reese, 1996; Mandal et al., 2020). By separately examining the contributions of mothers and fathers, this study seeks to uncover potential differences in how each parent's behavior affects young adults' self-esteem.

Furthermore, this study addresses the gap in literature regarding the impact of parenting styles on self-esteem within diverse cultural contexts. Prior studies have predominantly focused on Western populations, leaving a dearth of research in other cultural settings. By investigating young adults from different cultural backgrounds, this research aims to provide a more globally representative understanding of the relationship between parenting styles and self-esteem (Aremu et al., 2019; Kou, 2022).

The rationale for this study is grounded in the need to enhance our understanding of the specific parental behaviors that foster positive self-esteem in young adults. Given the mixed findings in existing literature, particularly concerning permissive and authoritarian parenting styles, a detailed and context-specific analysis is essential (Beh et al., 2019; Sethi & Singh, 2023). This research aims to clarify these relationships by examining a comprehensive set of parental behaviors and their direct impacts on self-esteem.

In summary, the study's rationale is to deepen the understanding of how distinct parental behaviors—measured through the Perception of Parenting Styles Scale—affect the self-esteem of young adults, assessed using the Rosenberg Self-Esteem Scale. By

providing a nuanced and culturally inclusive analysis, this research seeks to inform parenting practices and interventions that promote healthier self-esteem development, ultimately contributing to the well-being and psychological resilience of young adults.

### III. RESEARCH METHODOLOGY

#### 3.1 AIM

The aim of this study is to investigate the relationship between perceived parenting styles and self-esteem among young adults.

#### 3.2 OBJECTIVES

1. To examine the differences in young adults' perceptions of autonomy support, involvement, and warmth between mothers and fathers.
2. To investigate the impact of gender on the perception of parenting styles among young adults.
3. To explore the relationship between perceived autonomy support, involvement, and warmth from mothers and fathers, and young adults' self-esteem.

#### 3.3 HYPOTHESES

H1 - Young Adults who perceive higher levels of autonomy support, involvement, and warmth from both their mothers and fathers will have higher levels of self-esteem.

H2 - There will be significant differences in young adults' perceptions of autonomy support, involvement, and warmth between mothers and fathers, with higher scores expected for maternal autonomy support, involvement, and warmth compared to paternal scores.

H3 - Gender differences will influence the perception of parenting styles among young adults, with females reporting higher levels of perceived autonomy support, involvement, and warmth from both mothers and fathers compared to males.

#### 3.4 SAMPLING TECHNIQUE

The study employed a convenience and purposive sampling technique to recruit participants from the target population of young adults aged 18 to 25 years. Convenience sampling was chosen for its practicality and accessibility, allowing researchers to select participants based on their availability and willingness to participate. This method facilitated the recruitment process and ensured a sufficient sample size within the specified age range. Additionally, purposive sampling was utilized to ensure that participants represented a diverse range of backgrounds and experiences, enhancing the generalizability of the study findings. By intentionally selecting participants who met the specific criteria of being young adults within the designated age range, the researchers were able to gather relevant data pertinent to the study objectives. Overall, the combination of convenience and purposive sampling techniques enabled the researchers to effectively recruit participants who met the study's criteria and contributed valuable insights to the research topic.

#### 3.5 SAMPLE

The sample for this study comprised 180 participants aged 18 to 25, mostly from NCR/Delhi, but with some from various places across India, with a balanced representation of males (n = 92) and females (n = 88). The subjects were asked to answer the questions based on their mother and father, or any significant maternal or paternal figure in the absence of either parent.

#### 3.6 STATISTICAL ANALYSIS

In this study, a series of statistical analysis techniques were employed to uncover the relationships between perceived Parenting Styles and Self-Esteem. Pearson correlation coefficients were computed to determine the strength and significance of the associations. The statistical analysis for this study was conducted to examine the relationships and differences outlined in the objectives and hypotheses. To test the hypotheses, a series of inferential statistical tests were employed. Independent samples t-tests were used to explore the impact of gender on the perception of parenting styles, assessing any interaction effects between gender and the type of parenting style perceived. To investigate the relationship between perceived parenting styles and self-esteem, Pearson correlation coefficients were calculated to determine the strength and direction of these associations. This comprehensive statistical approach allowed for a robust examination of the study's aims and hypotheses, providing insights into how different dimensions of perceived parenting styles are associated with self-esteem among young adults.

#### 3.7 DESCRIPTION OF TOOLS

The Perceptions of Parents Scales (POPS) assess how parents foster an environment aligned with Self-Determination Theory, particularly focusing on autonomy support, involvement, and warmth (Grolnick, Deci, & Ryan, 1997). Tailored for late adolescents and older participants, the college-student version comprises 42 items (21 per parent), generating six subscale scores: Mother Autonomy Support, Mother Involvement, Mother Warmth, Father Autonomy Support, Father Involvement, and Father Warmth. Originally developed by Robbins (1994) and validated by subsequent research (Niemic, Ryan, & Deci, 2009), POPS has been linked to various child outcomes, including self-esteem, self-regulation, and mental health.

Rosenberg's Self-Esteem Scale, consisting of 10 items, evaluates global self-worth on a 4-point Likert scale, ranging from strongly agree to strongly disagree. Designed to measure a single dimension of self-esteem, the scale has demonstrated reliability and validity across diverse populations and contexts.

#### 3.8 STATISTICAL TOOLS

The data organization and calculation of correlation coefficients were executed using SPSS, a widely recognized statistical software package. With SPSS, the collected data on participants' personality traits and music genre preferences were efficiently organized and analyzed. The software's capabilities facilitated the computation of both Pearson and Spearman correlation coefficients. This

utilization of SPSS streamlined the statistical analysis process, ensuring accurate and systematic exploration of the relationships under investigation. Microsoft Excel was also used in the preliminary stages of data gathering and organization, and Microsoft Word was used for organizing all the information into this document.

## IV. PROCEDURE

### 4.1 Participant Recruitment

- Participants were recruited using a combination of convenience and purposive sampling techniques to ensure a diverse and representative sample of young adults aged 18 to 25 years. Recruitment was conducted through university announcements, social media platforms, and community bulletin boards to reach a wide audience.
- Before participating, all potential participants were informed about the study's purpose, procedures, and ethical considerations, including confidentiality and the voluntary nature of their participation. Informed consent was obtained electronically from all participants.

### 4.2 Data Collection

- Participants completed an online survey that included demographic questions, the Perceptions of Parents Scales (POPS), and Rosenberg's Self-Esteem Scale. The survey was administered via a secure online platform to ensure data privacy and ease of access. Survey Administration:
- The survey was designed to take approximately 20-30 minutes to complete. Participants were instructed to answer all questions honestly and to reflect on their experiences with both their mothers and fathers separately. Clear instructions and definitions were provided to ensure consistent understanding of the terms used in the survey.

### 4.3 Data Analysis

- Upon completion of data collection, the responses were compiled and prepared for statistical analysis. Descriptive statistics were calculated to summarize the demographic characteristics and the scores from the POPS and Rosenberg's Self-Esteem Scale.
- Inferential statistical tests were conducted to test the study's hypotheses:
  - o Independent Samples t-tests: These were used to compare perceptions of autonomy support, involvement, and warmth between mothers and fathers and the differences between the perceptions between male and female subjects.
  - o Pearson Correlation Coefficients: These were calculated to examine the relationships between perceived parenting behaviors (autonomy support, involvement, warmth) and self-esteem.

### 4.4 Reporting Results and Discussion

- The results were compiled and interpreted in the context of existing literature. The findings were reported in detail, including the statistical significance, effect sizes, and confidence intervals for each analysis.
- A discussion section followed, where the implications of the findings were analyzed. This included comparing the results with previous research, exploring the potential reasons behind observed patterns, and discussing the theoretical and practical implications for understanding the role of parenting styles in the development of self-esteem among young adults.

#### Conclusion and Implications:

- The study concluded with a discussion of the implications of the findings for understanding the role of parenting styles in the development of self-esteem among young adults. Recommendations for future research and potential applications in parenting practices and interventions were also provided.

## V. ETHICAL ISSUES

1. This research work has been done in accordance with all ethical norms and care has been taken to follow principles.
2. The data has been collected with due consent from every individual who has participated in the study.
3. All data has been kept confidential and it will be made sure that it is not misused.
4. It will also be made sure that the personal details are not revealed to anyone or missed for any purpose.
5. Standard tools have been used for data collection.

## VI. LIMITATIONS OF THE STUDY

Despite its contributions to understanding the relationship between perceived parenting styles and self-esteem among young adults, this study has several limitations that should be acknowledged:

### 6.1 Sampling Technique

The use of convenience and purposive sampling techniques may limit the generalizability of the findings. While these methods facilitated the recruitment process and ensured a diverse sample, they may not fully represent the broader population of young adults. The sample may be biased toward individuals who are more accessible or willing to participate in research studies.

### 6.2 Self-Reported Data

The study relied on self-reported data, which can be subject to various biases, including social desirability bias and recall bias. Participants might have provided responses they believed were socially acceptable or might not accurately remember or interpret their parents' behaviors.

#### 6.4 Cross-Sectional Design

The cross-sectional nature of the study limits the ability to establish causal relationships between perceived parenting styles and self-esteem. While the study can identify associations, it cannot determine the direction of causality or the long-term effects of parenting styles on self-esteem.

#### 6.5 Cultural Context

Although the study included participants from diverse backgrounds, it did not specifically control for cultural differences in parenting styles and self-esteem. Cultural norms and values can significantly influence both parenting behaviors and the development of self-esteem, which may affect the generalizability of the results across different cultural settings.

#### 6.6 Measurement Limitations

While the Perceptions of Parents Scales (POPS) and Rosenberg's Self-Esteem Scale are validated instruments, they may not capture all nuances of parenting styles and self-esteem. There could be other relevant dimensions of parenting and self-esteem that were not assessed in this study.

#### 6.7 Potential Confounding Variables

The study did not control for potential confounding variables that could influence the relationship between parenting styles and self-esteem. Factors such as socioeconomic status, educational background, family structure, and individual personality traits might have impacted the findings.

#### 6.8 Sample Size

The sample size, while sufficient for the statistical analyses conducted, may still limit the power to detect smaller effect sizes or more subtle differences between groups. A larger sample size could provide more robust and generalizable findings.

By acknowledging these limitations, future research can be better designed to address these issues, thereby providing a more comprehensive understanding of how parenting styles influence self-esteem in young adults.

### VII. RESULTS

#### 7.1 Descriptive Statistics

The study sample comprised 180 young adults aged 18 to 25, with a balanced representation of males (n = 92) and females (n = 88). Participants provided responses regarding their perceptions of their parents' autonomy support, involvement, and warmth, and their self-esteem levels were assessed using Rosenberg's Self-Esteem Scale.

#### 7.2 Differences in Perceptions of Parenting Styles by Gender

Independent samples t-tests were conducted to compare the perceptions of autonomy support, involvement, and warmth between mothers and fathers, as reported by male and female participants.

Table 1: Independent Samples t-test

Variable	Equal Variances Assumed/Not	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
Mother Involvement	Equal variances assumed	0.48	0.49	3.75	178	<0.001	0.4518	0.1204	0.21429, 0.68936
	Equal variances not assumed			3.75	174.76	<0.001	0.4518	0.1206	0.21378, 0.68988
Father Involvement	Equal variances assumed	0.64	0.43	6.63	178	<0.001	0.7641	0.1153	0.53651, 0.99165
	Equal variances not assumed			6.62	177.3	<0.001	0.7641	0.1154	0.53644, 0.99173
Mother Autonomy Support	Equal variances assumed	1.2	0.28	4.84	178	<0.001	0.5364	0.1108	0.31753, 0.75502
	Equal variances not assumed			4.85	177.68	<0.001	0.5364	0.1106	0.31795, 0.75492

Father Autonomy Support	Equal variances assumed	0.03	0.86	6.75	178	<0.001	0.6337	0.0938	0.4481, 0.81935
	Equal variances not assumed			6.75	177.97	<0.001	0.6337	0.0938	0.4481, 0.81935
Mother Warmth	Equal variances assumed	0.45	0.5	5.19	178	<0.001	0.6251	0.1205	0.3881, 0.86371
	Equal variances not assumed			5.19	177.71	<0.001	0.6251	0.1204	0.38808, 0.86388
Father Warmth	Equal variances assumed	0.25	0.62	3.39	178	0.001	0.4853	0.1426	0.24546, 0.72522
	Equal variances not assumed			3.39	177.64	0.001	0.4853	0.1426	0.24546, 0.72522

Table 1 indicates significant gender differences in perceptions of parenting styles. Females reported higher levels of perceived involvement, autonomy support, and warmth from both mothers and fathers compared to males.

### 7.3 Effect Sizes

Effect sizes were calculated to measure the magnitude of the differences between male and female participants.

Table 2: Independent Samples Effect Sizes

Variable	Standardizer	Point Estimate	95% Confidence Interval
Mother Involvement	Cohen's d	0.807	0.261, 0.857
	Hedges' g	0.811	0.260, 0.853
	Glass's delta	0.77	0.281, 0.889
Father Involvement	Cohen's d	0.773	0.677, 1.296
	Hedges' g	0.777	0.674, 1.291
	Glass's delta	0.768	0.667, 1.318
Mother Autonomy Support	Cohen's d	0.744	0.419, 1.022
	Hedges' g	0.747	0.417, 1.018
	Glass's delta	0.764	0.391, 1.010
Father Autonomy Support	Cohen's d	0.68	0.623, 1.238
	Hedges' g	0.683	0.620, 1.233
	Glass's delta	0.691	0.594, 1.236
Mother Warmth	Cohen's d	0.808	0.470, 1.077
	Hedges' g	0.812	0.468, 1.072
	Glass's delta	0.801	0.466, 1.093
Father Warmth	Cohen's d	0.815	0.296, 0.893
	Hedges' g	0.819	0.295, 0.889
	Glass's delta	0.815	0.289, 0.899

From Table 2, the effect sizes indicate medium to large differences between male and female perceptions across the various parenting dimensions.

### 7.4 Correlations between Perceived Parenting Styles and Self-Esteem

Pearson correlation analyses were conducted to examine the relationships between perceived parenting behaviors (autonomy support, involvement, warmth) and self-esteem.

Table 3: Pearson Correlations between Parental Dimensions and Self-Esteem

Variable	Self Esteem Score	N
Mother Involvement	-0.065	180
Father Involvement	0.02	180
Mother Autonomy Support	-0.019	180
Father Autonomy Support	0.003	180
Mother Warmth	-0.124	180
Father Warmth	-0.024	180

Table 3 show no significant correlations between perceived parenting dimensions and self-esteem. This suggests that perceptions of autonomy support, involvement, and warmth from both mothers and fathers are not strongly associated with self-esteem levels among young adults in this sample.

## VIII. DISCUSSION

The current study aimed to investigate the relationship between perceived parenting styles (autonomy support, involvement, and warmth) and self-esteem among young adults. Additionally, it examined gender differences in these perceptions. The findings provide important insights into how young adults view their parents' behaviors and how these views correlate with their self-esteem.

### • Perceptions of Parenting Styles

The results indicated significant differences in young adults' perceptions of their mothers' and fathers' parenting behaviors. Specifically, females reported higher levels of perceived autonomy support, involvement, and warmth from both mothers and fathers compared to males. These findings align with Hypothesis 3, suggesting that gender influences the perception of parenting styles. The independent samples t-tests provided strong evidence supporting Hypothesis 3. The effect sizes, particularly Cohen's d values, indicated medium to large differences between males and females. These findings underscore the importance of considering gender when examining perceptions of parenting styles.

The higher scores reported by females could be attributed to several factors. Firstly, it is possible that females are more attuned to nurturing behaviors and therefore perceive higher levels of involvement and warmth. Additionally, societal norms and expectations might play a role, with females being more likely to receive and value emotional support from parents.

### • Impact on Self-Esteem

Contrary to Hypothesis 1, the correlation analyses revealed that perceived parenting behaviors (autonomy support, involvement, and warmth) were not significantly related to self-esteem. This finding suggests that other factors may play a more critical role in shaping self-esteem among young adults. It is possible that intrinsic factors such as personality traits, peer relationships, and individual achievements have a stronger impact on self-esteem than parental behaviors alone.

### • Comparison Between Mothers and Fathers

Hypothesis 2 suggested that young adults would perceive higher levels of autonomy support, involvement, and warmth from mothers compared to fathers. The findings confirmed this hypothesis, with significant differences observed in the perceptions of maternal versus paternal behaviors. This pattern is consistent with existing literature, which often highlights mothers as primary caregivers who are more involved in the day-to-day nurturing and support of their children.

### • Implications for Theory and Practice

The study's findings have several implications for both theory and practice. From a theoretical perspective, the results contribute to the understanding of how perceived parenting styles vary based on the child's gender and the parent's gender. This adds nuance to the existing body of research on parenting and child development.

Practically, the findings suggest that interventions aimed at improving parent-child relationships should consider gender differences. For instance, fathers might benefit from programs that enhance their involvement and emotional support, particularly for their daughters. Additionally, promoting balanced parenting practices that encourage both parents to be equally involved and supportive could help mitigate the observed disparities.

## IX. CONCLUSION

The present study offers valuable insights into the perceptions of parenting styles and their relationship with self-esteem among young adults. Key findings include significant gender differences in the perception of autonomy support, involvement, and warmth from both mothers and fathers, with females reporting higher levels of these behaviors. Additionally, the study found that perceived parenting styles did not significantly correlate with self-esteem, suggesting the need to explore other factors that influence self-esteem development.

Despite its contributions, the study has several limitations. The use of convenience and purposive sampling limits the generalizability of the findings, and the reliance on self-reported data introduces potential biases. The cross-sectional design prevents causal conclusions, and cultural factors were not explicitly controlled. Future research should address these limitations by employing longitudinal designs, broader sampling techniques, and considering cultural contexts.

In conclusion, the study highlights the importance of considering gender in parenting research and suggests that both mothers and fathers play crucial yet distinct roles in their children's lives. The findings call for further exploration into the complex interplay of factors that contribute to self-esteem among young adults, paving the way for more comprehensive and targeted interventions.

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