



**A STUDY ON INFLUENCE OF PARENTAL AUTHORITY STYLE ON SELF-ESTEEM
OF YOUNG ADULTS**

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Abstract

The aim of the study is to examine the impact of parental authority style on an individual's self-esteem. The impact of parental authority style on self-esteem is a compelling and crucial field of research in psychology. Parental authority style pertains to the method by which parents exert

control, direction, and discipline in their approach to parenting. The style can range from authoritarian, marked by rigid standards and limited adaptability, to authoritative, which blends warmth, assistance, and rational limits. The study employed a quantitative methodology, utilizing the SPSS software to conduct statistical analysis. One hundred volunteers were recruited to ensure the robustness of the findings. The results of the study emphasized the importance of the way parents exercise their power in influencing the self-esteem of children. More precisely, it emphasizes the potential link between authoritarian parenting and diminished self-esteem, while suggesting that authoritative parenting may foster elevated levels of self-esteem in children. However, it is crucial to do additional investigation into the fundamental mechanisms in order to gain a more profound comprehension of the intricate relationship between parental control and self-esteem. By exploring these mechanisms, future study can offer vital insights into effective parenting approaches that cultivate robust self-esteem in children, so enhancing their overall psychological well-being.

Keywords: *Parental Authority Style, Self-esteem, adults*

Introduction

The family is a fundamental and crucial societal structure that plays a significant influence in both an individual's life and the broader community. The significance of the family as a social framework is undeniable. While, culture and peers might have an impact on children, the family exerts a greater influence on them. The impact of the family on the kid and its roles in

the domains of creativity, culture, social interactions, and moral development are significant and crucial. Numerous studies have demonstrated that the contact between children and parents, as well as the manner in which parents engage in communication with their children, are widely regarded as the primary and foundational determinants influencing the development of children's good and healthy character (Zahed Zahedani et al., 2016).

Subsequent research on parenting styles shifted its attention towards the various aspects of parenting and placed greater emphasis on the contextual factors that influence parental decision-making. Parents have the responsibility of not only supplying their child's fundamental needs, but also imparting values, establishing limits, and instructing life skills.

Types of Parenting Styles

Authoritarian Parenting

Children that are generally raised in authoritarian environments frequently demonstrate exceptional obedience. They become accustomed to stringent regulations and rapidly grasp the repercussions of defiance. Consequently, individuals are prone to conforming to figures of authority and adhering to instructions with great attention to detail. Children raised by authoritarian parents may encounter social difficulties, despite their compliance. These children may have been deprived of opportunity to cultivate social skills such as empathy, cooperation, and dispute resolution due to their upbringing. Consequently, individuals may encounter difficulties in establishing significant interpersonal connections and effectively engaging in social activities.

The absence of caring support and the presence of constant criticism can lead to diminished self-esteem in children raised by authoritarian parents. Individuals may experience internalization of feelings of inadequacy and encounter difficulties in maintaining self-confidence, especially when confronted with obstacles or disappointments. The parenting style characterized by authoritarianism frequently prioritizes obedience above emotional expression and comprehension. As a result, youngsters may encounter challenges in effectively regulating their emotions, particularly in relation to anger and frustration. In the absence of adequate instruction in articulating and managing their emotions, these feelings may materialize in detrimental manners (Martínez & García, 2007, Masud et al., 2019).

Permissive Parenting

Children who are raised by permissive parents frequently encounter a loving and affectionate atmosphere. The parents place a high value on nurturing a strong bond and exhibit a tendency to openly display affection, so cultivating a feeling of safety and ease. Parents that exhibit permissive parenting styles tend to impose minimal rules and regulations on their children, instead prioritizing the provision of a significant level of freedom and autonomy. Permissive parents maintain an open and non-confrontational mode of communication with their children.

Children experience a sense of ease while articulating their thoughts and emotions, as they are aware that their voices will be acknowledged without any form of criticism or severe consequences. Lack of explicit limits and direction about moderation can result in the formation of detrimental behaviours, such as excessive use of electronic devices, inadequate time

allocation, and a deficiency in self-control. In the absence of parental intervention, children may encounter difficulties in effectively managing their desires while adhering to acceptable conduct.

Nevertheless, the absence of organization and limits can also result in the emergence of impulsive, demanding, and self-centred behaviours in youngsters. In the absence of explicit expectations and repercussions, individuals may encounter difficulties in taking into account the needs and viewpoints of others, placing their own wishes as the highest priority (Lopez et al., 2018; Langer et al., 2014; Leeman et al., 2014; Piotrowski et al., 2013).

Authoritative Parenting

Authoritative parents foster a strong and supportive bond with their offspring. Their main focus is on establishing robust relationships founded on trust, empathy, and comprehension, cultivating a feeling of safety and camaraderie within the family.

In authoritative parenting, discipline is perceived as a constructive instrument for instructing and directing, rather than a form of punishment. Parental figures utilize many strategies, including the implementation of logical consequences and the utilization of positive reinforcement, in order to foster desirable conduct and effectively handle errors.

Individuals acquire the ability to successfully regulate negative emotions, resulting in improved social results and enhanced emotional well-being. Existing research suggests that children raised by authoritative parents tend to have elevated levels of intellectual success and performance in educational settings. The amalgamation of explicit expectations, assistance, and motivation cultivates a favorable disposition towards acquiring knowledge and individual

development, establishing the groundwork for scholastic achievement (Masud et al., 2019; Morris et al., 2007; Pong et al., 2010).

Uninvolved Parenting

Uninvolved parents generally adopt a non-interventionist parenting style, meeting their children's fundamental requirements while maintaining a sense of detachment from their life. Individuals may have a tendency to prioritize their personal interests or obligations over those of their offspring, resulting in limited involvement in their upbringing.

Children who are brought up in houses where parental involvement is absent may encounter challenges in establishing and fostering social connections. Insufficient parental emotional support and guidance can have a detrimental influence on individuals' capacity to establish stable bonds, engage in effective communication, and manage social relationships (Nijhof & Engles, 2007; Kuppens & Ceulemans, 2019).

Self Esteem

Everyone has worth and merit on the inside, and self-esteem is built on the notion that they have internalised a set of fundamental values. These innate values are the source of the people's feeling of worth. Each individual always aspires to elevate their worth. Considering how ego-related low self-esteem is, it's common to assume that people with it have an inferiority

complex. Individuals who feel good about themselves are more likely than those who don't to be content with their lives (Rosenberg, 1965).

According to Rosenberg (1965), self-esteem is favourably biased. Those who place a high value on themselves are more likely to push themselves to the limit in order to grow and develop. A person with a high sense of self-worth does not think they are superior to others. An individual who feels good about himself does not think they are inferior to others. Social awkwardness, reserve, and a lack of confidence in one's capacity for self-expression are all signs of low self-esteem. An individual with poor self-esteem is paralysed by their constant fear of failing, being embarrassed, or drawing jeers. Individuals with low self-esteem don't give themselves the sensitive loving care they need. Even the most subtly expressed sentiments can potentially injure them. They avoid anybody or anything that might have a negative impact on their feelings (Rosenberg, 1965).

REVIEW OF LITERATURE

The main objective of the study by Sethi and Singh (2023) was to evaluate and analyze parenting strategies and their influence on the self-esteem of adolescents, with a particular emphasis on the context of India. The classification of parenting styles encompasses four main approaches: authoritarian, authoritative, permissive, and neglectful. The present study had consistently recorded and demonstrated the influence of authoritarian, authoritative, and permissive parenting styles on the self-esteem of teenagers. The negative impact on individuals'

sense of self is repeatedly observed as a result of parents' irresponsible approach. Therefore, the study utilized a random sample methodology to establish the inclusion criteria. The trial chosen for the research comprised a sample size of 110 individuals, comprising 60 females and 50 males. The participants were selected from the urban areas of Delhi and NCR in India. The study sample consisted of persons aged 13 to 19 years, who did not have any psychiatric disorders. The participants were typical young students with similar financial origins, and families were stable, with moms being the principal breadwinners. To determine the correlation, a comprehensive analysis was conducted on a total of ten scholarly works. The effectiveness of the authoritarian parenting style has been established based on its ability to provide parents with restricted autonomy and possibilities for understanding their children. This phenomenon exerts a substantial beneficial influence on the self-esteem of their progeny. Contrarily, a multitude of studies have demonstrated that the authoritarian parenting style continually erodes children's self-esteem through the reduction of their self-confidence and the cultivation of emotions of unease and inadequacy. In the current urban Indian milieu, there is no significant difference in the levels of self-esteem between male and female teenagers.

There has been a notable emphasis on the influence of parenting style on depressive symptoms and adolescent self-esteem. Although there have been many research investigating the influence of self-esteem on depression, only a few have specifically addressed its role as a mediator variable. Therefore, the main aim of the study by Jannah et al. (2022) was to investigate the specific effects of parenting style on the prevalence of depression in adolescents, and its subsequent impact on self-esteem. An online survey was completed by 555 participants from four senior high schools in Bekasi, Indonesia, who willingly participated. The hypothesis

underwent testing through the utilization of various assessment tools, including the Patient Health Questionnaire, Parental Authority Questionnaire, Rosenberg Self-esteem Scale, and Path-SPSS analysis. The results suggest that parenting styles, namely authoritative ($\beta = -.257, p < .01$), authoritarian ($\beta = .181, p < .01$), and permissive ($\beta = .109, p < .01$), have a statistically significant and direct influence on the prevalence of depression. Additionally, it is important to acknowledge that there is an indirect correlation between authoritative ($\beta = -.182, p < .01$) and authoritarian ($\beta = .055, p < .01$) parenting styles and feelings of sadness, which is influenced by self-esteem. This study emphasizes the importance of using positive parenting strategies and promoting the cultivation of self-esteem in adolescents as a strategy to reduce the probability of depression.

The main aim of the study by Cindea and Predoi (2022) was to investigate the relationship between parenting styles, self-esteem, and aggressive behaviour's in high school teenagers. To carry out the research, a sample of 60 students between the ages of 14 and 19 who live in rural areas was selected. The study utilized three established assessment instruments, namely the Aggression Test (Buss and Perry), the Self-Esteem Scale, and the Authority Questionnaire (PAQ), in order to investigate the proposed hypotheses. The results indicate notable and positive correlations between the authoritarian parenting style and the violent behaviours displayed by adolescents, particularly in the manifestations of verbal aggression, hostility, and anger. There exists an inverse relationship between the self-esteem levels of teenagers and their propensity for verbal aggressiveness, but a direct relationship is detected between their levels of rage and hostility. The results demonstrate a distinct and statistically

significant negative correlation between the self-esteem of teenagers and the permissive parenting approach.

Aremu et al. (2019) asserts that the issue of low self-esteem in adolescents presents a significant obstacle, which can be influenced by various parenting techniques. This study looked into the differences between gender-based teenage self-esteem and parenting approaches. It also investigated the relationship between the self-esteem of teenagers in Ibadan, Oyo State, Nigeria, and their perceptions of parenting techniques. The study used a multiphase sampling strategy. A sample of 504 consenting students was asked to complete the parental authority and self-esteem questionnaires, both of which were scaled to the Rosenberg level. A scale with a range of 12 to 30 was used to measure self-esteem; a score below 26 indicated high self-esteem and a score below 25 indicated low self-esteem. The participants' self-esteem score was 24.0 ± 3.3 , and their average age was 14.9 ± 1.5 years. Moms accounted for 38.9% of the responses, with 36.3% of participants indicating that their parenting style was authoritarian or flexible. A statistically significant positive correlation between flexible parenting style and teenage self-esteem was found for both mothers ($r = 0.137$, $p = .001$) and fathers ($r = 0.141$, $p = .001$), according to the results of the Pearson correlation coefficient test. The study's conclusions show a significant relationship between teens' self-esteem and how they consider their parents to be.

The objective of the study by Streitmatter and Jones (1982) was to examine the influence of parental and teacher authority on self-esteem in a group of 1,026 female and 959 male young boys. Multiple findings have been indicated. A limited correlation was found between the items encompassed within the parent and educators measures. The research included a series of

differentiating analysis approaches to examine the relationship between self-esteem during early adolescence and individuals' perceptions of socialization strategies demonstrated by their parents and teachers. The perceived styles of parents or teachers do not appear to exert a substantial influence on the self-esteem of female individuals. In contrast, boys at this age may exhibit a greater degree of external control. By introducing this concept early, females also commence the emotional detachment from their parents, as well as the pursuit of independence and autonomy, at a younger age.

Research Methodology

To fulfil the study objectives, the research explored the methodology and measurements used in the study, as well as ethical considerations, data collection, and analysis. From an academic perspective, research is regarded as a scholarly endeavour. Researchers argue that the process involves clearly defining and improving problems, suggesting hypotheses for possible solutions, collecting data, drawing conclusions, and then confirming those conclusions based on the initial assumptions.

Aim

- To study the Influence of parental authority style on self-esteem.

Research Objectives

- To demonstrate the influence of parental authority style on self-esteem.
- To study the difference between parental authority (Mother and father).

Hypothesis

- There is a significant impact of influence of parental authority style on self-esteem.
- There is a significant difference between parental authority (Mother and father).

Variables

- ***Independent variable:*** Parental authority
- ***Dependents Variable:*** Self-esteem

Measures

- ***Parental Authority Scale***

The Parental Authority Scale is a psychometric tool developed by Bury (1991). This scale is used to assess the parental authority in relation to child-rearing practices. The scale consists of items that are scored on a Likert scale, with responses ranging from strongly disagree to strongly agree. The scale measures three dimensions of parental authority: behavioral control,

psychological control, and autonomy granting. The internal consistency of the scale ranges from good to excellent.

- ***Self-Esteem Scale***

The Self-Esteem Scale is a widely used psychometric tool developed by Rosenberg (1965). This scale is used to measure global self-esteem, or an individual's overall evaluation of their own worth. The scale consists of 10 items that are scored on a 4-point Likert scale, with responses ranging from strongly agree to strongly disagree. Half of the items are positively worded, and half are negatively worded. The total score is obtained by reversing the scores of the negatively worded items and summing up the scores of all the items. The internal consistency of the scale is high.

Research Design

The study investigated the Influence of parental authority style on self-esteem using a descriptive methodology. This study used a mixed-method approach, utilizing both qualitative and quantitative methodologies, as is common in descriptive research. Setting goals, gathering information, and evaluating it are essential steps.

Sample Collection

- The target population will be young adults 10-18 years of age

- Sample size would be 100

Demographic Variables

- Age
- Gender

Sample and Sampling technique

Probability and purposive sampling techniques are used in the sample design to examine the impact of parental authority style on self-esteem.

Inclusion Criteria

- Age between 10-18years.
- Willingness to participate and provide informed consent.

Exclusion Criteria

- Individuals outside the specified age range.
- Unwillingness to participate and provide informed consent.

Procedure

The investigation progressed using a carefully planned approach that made use of digital tools. Data was systematically collected from a wide range of participants on the internet using a survey format provided by Google Forms. The study utilized standardized questionnaires to obtain insights, incorporating three distinct variables. The study promoted inclusion and a wide

range of opinions by involving both males and females. Participants were given thorough briefings on the study's aims before data collection, ensuring that they provided informed consent. Importantly, participants were not offered any incentives, which ensured that their comments remained unbiased and trustworthy. Participants were thanked for their outstanding efforts when they completed the task. After collecting the data, we carefully scored each individual's questionnaire responses, following the stated standards closely.

Statistical Design

The statistical analysis will be performed using the Statistical Package for the Social Sciences (SPSS), a powerful tool for identifying patterns in the collected data. Correlation analysis is crucial for understanding the relationships between variables in the field of social sciences. It helps to facilitate detailed conversations and draw definitive conclusions.

Result

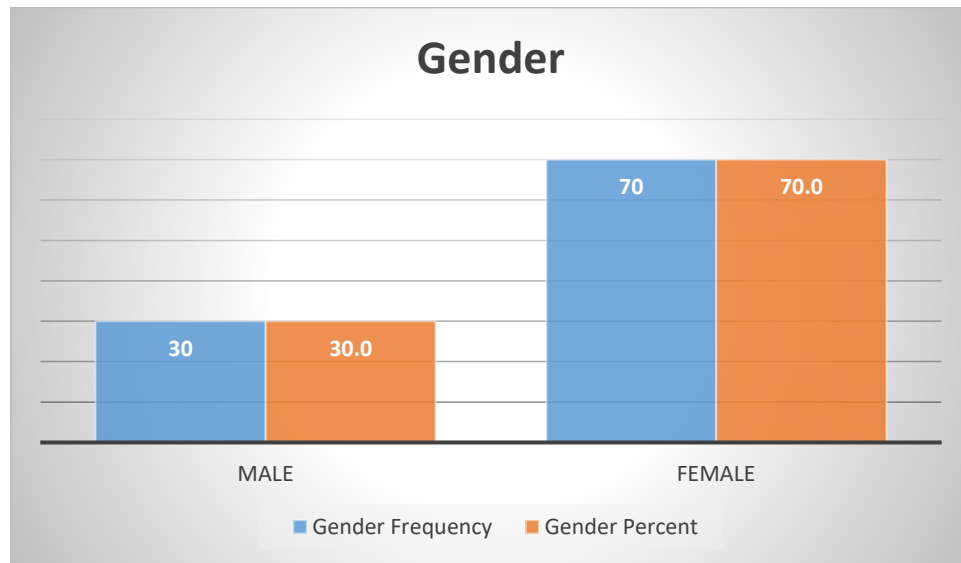
The study's results section will include the conclusions drawn from an examination of information acquired from a sample of one hundred respondents. The statistical analysis and data processing will be done using SPSS 22.0. This section will be organized to give a thorough summary of the study's findings. Frequency and percentage analyses will be used to examine the respondents' age and gender distribution. After that, descriptive statistics will be used to clarify

the dataset's central tendencies and variabilities. The associations between the variables will next be examined using regression analysis. The section will culminate with an assessment of matched samples through the use of suitable statistical tests. The study hopes to add to the body of knowledge already known in the field and provide insights into the phenomenon under inquiry through the use of various analytical tools.

Table: 1**Frequency and percentage of gender of the respondents**

Gender		
	Frequency	Percent
Male	30	30.0
Female	70	70.0
Total	100	100.0

The above table discusses gender distribution of respondents. In male group, Frequency is 30 and Percentage is 30.0%. In Female group, frequency is 70 and percentage is 70.0%.

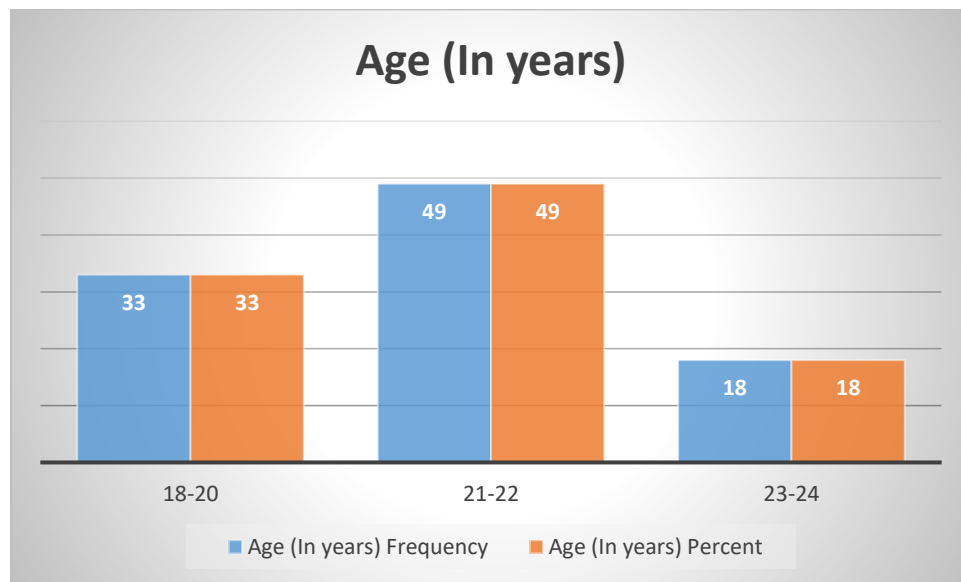
**Graph: 1**

Graphical representation of Gender of the respondents

Table: 2**Frequency and percentages of Age (In years)**

Age (In years)		
	Frequency	Percent
18-20	33	33.0
21-22	49	49.0
23-24	18	18.0
Total	100	100.0

The above table discusses the Frequency and percentage of Age of the respondents. In 18-20 years group, Frequency is 33 and percentage is 33.0%. In 21-22 Years group, Frequency is 49 and percentage is 49.0%. In 23-24 years group, Frequency is 18 and percentages is 18.0%.

**Graph: 2**

Graphical representation of age (In Years)

Table: 3

Descriptive Analysis

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Parental authority (Mother)	100	77.00	122.00	97.54	11.76317

				00	
Parental authority (Father)	100	77.00	122.00	97.13 00	11.68756
Self-esteem	100	27.00	44.00	34.48 00	4.65253
Valid N (list-wise)	100				

The above table discusses the Descriptive test on Parental Authority (Father and mother) and self-esteem. The scores range from 77 to 122, with a mean of approximately 97.54 and a standard deviation of around 11.76. This indicates that, on average, mothers' perceptions of their authority lie around 97.54, with some variability in scores across the sample. The scores range from 77 to 122, with a mean of approximately 97.13 and a standard deviation of about 11.69. Like the mother's scores, fathers' perceptions of their authority also center around 97.13 on average, with a similar degree of variability. The self-esteem scores range from 27 to 44, with a mean of around 34.48 and a standard deviation of approximately 4.65. Both parents' perceptions of their authority and individuals' self-esteem exhibit similar ranges and variability.

Table: 5

Regression test on self-esteem and parental authority (Mother)

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.524 ^a	.275	.268	3.98176

a. Predictors: (Constant), Parental authority (Mother)

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	589.228	1	589.228	37.165	.000 ^b
	Residual	1553.732	98	15.854		
	Total	2142.960	99			
a. Dependent Variable: self-esteem						
b. Predictors: (Constant), Parental authority (Mother)						

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	14.251	3.342		4.264	.000
	Mother score	.207	.034	.524	6.096	.000
a. Dependent Variable: self-esteem						

To determine the levels of variability within a regression model and to create the framework for a test of significance, multiple regression analysis uses ANOVA. The aforementioned table clearly shows that the factors in the research are statistically significant.

According to a regression analysis of Parental authority (Mother) and self-esteem. Parental

authority (Mother) influences self-esteem by 52%, with the remaining variance unexplained. As indicated by the R value (0.27), there is a significant impact of Parental authority (Mother) on self-esteem ($F=37.16$ sign. value = 0.00) according to Anova table. These values indicate that "Parental authority (Mother) has a significant effect on self-esteem. "Variable in the above table of coefficients. B-coefficients are typically positive and significant. Since the dimensions of all indicators are identical, it is preferable to translate the B-coefficients rather than the beta coefficients. Significance value indicates "Parental authority (Mother) has a significant effect on self-esteem."

The above table discusses the correlation test on parental authority (Father) and Self-esteem The correlation analysis confirms that there is a significant and positive Relation between Parental authority (Father) and self-esteem.

Table: 7

Regression test on self-esteem and parental authority

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.552 ^a	.305	.298	3.89913
a. Predictors: (Constant), parental authority (Father).				

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	653.047	1	653.047	42.955	.000 ^b
	Residual	1489.913	98	15.203		
	Total	2142.960	99			
a. Dependent Variable: self-esteem score						
b. Predictors: (Constant), parental authority (Father).						

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	13.136	3.280		4.005	.000
	Father score	.220	.034	.552	6.554	.000
a. Dependent Variable: self-esteem						

To determine the levels of variability within a regression model and to create the framework for a test of significance, multiple regression analysis uses ANOVA. The aforementioned table clearly shows that the factors in the research are statistically significant.

According to a regression analysis of Parental authority (Father) and self-esteem. Parental authority (Father) influences self-esteem by 55%, with the remaining variance unexplained. As indicated by the R value (0.30), there is a significant impact of Parental authority (Father) on self-esteem ($F=42.95$ sign. value = 0.00) according to Anova table. These values indicate that "Parental authority (Father) has a significant effect on self-esteem. "Variable in the above table of coefficients. B-coefficients are typically positive and significant. Since the dimensions of all indicators are identical, it is preferable to translate the B-coefficients rather than the beta coefficients. Significance value indicates "Parental authority (Father) has a significant effect on self-esteem."

Discussion

Various methods have been employed to ascertain the impact of parental authority style on self-esteem. The researcher employed a descriptive research approach to collect factual information and statistics for the current study. An accurate understanding of various facts and statistics is essential for the descriptive research design patent. This study employed both primary and secondary sources of data and information. The primary data was collected using a methodical questionnaire. This survey included a combination of closed and open-ended questions, enabling the researcher to gather the most pertinent data available. Due to the impracticability of physically collecting survey responses, the survey was administered through an online form that was distributed to the participants. In addition, the researcher gathered data from secondary sources. Previously published papers and articles were utilized to get more

information for the present investigation. Various publications in periodicals, online books, and other websites have also disclosed individual investing tendencies. The sample size chosen for this investigation was determined with consideration for the limitations of sample collection. This study employed a sample size of 100 respondents. The participants in this study were selected from the age group of 18 to 24 years. The researcher has opted for convenience sampling as the sample method for this investigation. The employed sampling techniques facilitated the effective gathering of data and information for the current study.

The survey respondents were predominantly female, comprising 70% of the sample, while males made up the remaining 30%.

Respondents were divided into three age groups: 18-20 years (33%), 21-22 years (49%), and 23-24 years (18%).

Both mothers' and fathers' perceptions of parental authority had similar means and standard deviations, centered around 97 with a standard deviation of approximately 11.7. Self-esteem scores ranged from 27 to 44, with a mean of around 34.5 and a standard deviation of about 4.7.

There was a significant and positive correlation between parental authority (both mother and father) and self-esteem. This suggests that higher perceptions of parental authority correlate with higher self-esteem.

Parental authority (both mother and father) significantly influenced self-esteem, explaining 52% and 55% of the variance, respectively. The R values for both regressions were

0.27 and 0.30, respectively, indicating significant impacts on self-esteem. The ANOVA tests confirmed the significance of both regressions with p-values of 0.00.

The mean scores for fathers and mothers were 97.13 and 97.54, respectively, with similar standard deviations. There was a high positive correlation (0.996) between fathers' and mothers' scores. The mean difference between father and mother scores was 0.41, with a 95% confidence interval of (0.21, 0.61) and a t-statistic of 4.076, indicating statistical significance at $p < 0.0001$.

Conclusion

In conclusion, the findings of this research offer additional evidence and insight into the ways in which parenting style affects self-esteem. This study specifically adds to our understanding of more specific aspects of parenting and self-esteem by examining the various categories of self-esteem and how parenting style may affect them.

The complex relationship between parental behavior and psychological outcomes in children is highlighted by the link found between parental authority style and self-esteem. Fathers' authority and self-esteem are positively correlated, indicating that children's confidence and sense of self-worth may be enhanced by parental engagement and direction. On the other hand, the negative link with maternal authority emphasizes the necessity of investigating the possible causes of this relationship in more detail.

All in all, the results highlight how important a parental authority style is in forming children's Self-esteem. Interventions meant to encourage good parenting habits and improve children's psychological wellbeing can benefit from an understanding of these relationships. More investigation into the fundamental processes underlying these relationships is necessary to offer a more thorough comprehension of the intricate relationship between parental authority and self-esteem.

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