
Association between parental authority prototype and perceived self-esteem of adolescent nursing students at UERMMMCI

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Abstract

Introduction Parental authority prototype may greatly influence how adolescent nursing students can demonstrate skills on how they provide quality nursing care to patients in the future. This study aimed to determine the association between parental authority prototype and perceived self-esteem among adolescent nursing students.

Methods The researchers administered the Parenting Authority Questionnaire and the Rosenberg Self-Esteem Scale to nursing students 16 to 19 years old to determine the maternal and paternal parenting types of the respondents and their level of self-esteem, respectively. Chi-square was used to determine the association between parenting style and self-esteem.

Results Normal levels of self-esteem were seen in 70% of respondents and almost one-third were considered to have low self-esteem. The most common parenting style among both the respondents' mothers and fathers was authoritative. There were more authoritative mothers than fathers and twice as many authoritarian fathers than mothers. Paternal parental authority prototype was associated with the respondents' self-esteem ($\chi^2 = 19.19$, $p < 0.05$) but the maternal authority prototype was not.

Conclusion Paternal, but not maternal, parental prototype is associated with the perceived self-esteem of adolescent nursing students. The most common parenting style was authoritative for both mothers and fathers.

Keywords: Parental authority prototype, perceived self-esteem

Parental authority prototype or parenting style refers to the actions and reactions of parents

towards their children and includes their beliefs, support and expectations, and how they discipline their children. The term "parenting style" was coined by Baumrind in the 1970s.¹ She interviewed and observed parents and children and concluded that there are three types of parenting based on levels of demandingness (control, supervision, maturity demands) and responsiveness (warmth, acceptance, involvement). Based on this study, there are three distinct prototypes of parental authority: permissive, authoritarian, and authoritative.¹ These parental authority prototypes

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play a pivotal role in the development of children and adolescents.

Authoritarian parenting involves having strict rules that must be followed, and adolescents are punished if those rules are not followed. The punishment is usually harsh and abusive, and may be physical and/or emotional. This style is low in parental responsiveness yet highly demanding.¹ Authoritarian parents are not very emotional or affectionate; they exhibit low levels of trust and interaction with their children, discourage open communication, and engage in strict control.² Adolescents from most authoritarian families have poor social skills, low levels of self-esteem, and high levels of depression.³

Authoritative parents are high in responsiveness and highly demanding, and exhibit more supportive than harsh behaviors.⁴ These parents provide consistent boundaries, clear and appropriate expectations, communicate well, listen to their children, and adapt to different situations. This parenting style is most often associated with positive adolescent outcomes and has been found to be the most effective and beneficial style of parenting among most families. It is well-established that authoritative parenting fosters adolescents' positive well-being.⁵ This style also encourages independence, teaching adolescents that they are capable of accomplishing things on their own.

Permissive parents look at their offspring as equals rather than as children of a parent. This parenting style involves being nurturing and warm, and is reluctant to impose limits. It also rejects the notion of keeping children under control. Permissive parenting is characterized by high levels of responsiveness and low levels of demandingness. It does not set rules, avoids engaging in behavioral control, and sets few behavioral expectations for adolescents.¹ Adolescents from permissive families report a higher frequency of substance use, school misconduct, and are less engaged and less positively oriented to school compared to individuals from authoritative or authoritarian families.⁶ Permissive parenting is also associated with low self-esteem.

Self-esteem is an overall evaluation of oneself, including feelings of general happiness and satisfaction.⁷ Harter stated that the foundation of self-esteem is laid early in life.⁷ Parental involvement, acceptance, support, and exposure have a big influence on self-esteem. Deshpande found that parents who

were unable to understand their children because of a generation gap gave less than optimal acceptance or support.⁸ Parental acceptance or support has been positively related to adolescents' self-esteem as those who experience an accepting attitude from their parents have a higher self-esteem because they view their parents as their caretakers and protectors.

This study aimed to determine the association between parental authority prototype and perceived self-esteem among adolescent nursing students from the UERMMMCI College of Nursing. Specifically, this study aimed to determine the association between the paternal and maternal authority prototypes with self-esteem. The results of this study may provide insights to faculty members, guidance counselors and mentors to understand adolescents better especially those who deal with self-esteem issues. This study did not determine which parenting style was associated with a high self-esteem.

Methods

The study employed a cross-sectional research design to determine the association between parental authority prototypes and the perceived self-esteem among adolescent students enrolled in the UERMMMCI College of Nursing. The researchers administered the Parenting Authority Questionnaire and the Rosenberg Self-Esteem Scale to determine the maternal and paternal parenting types of the respondents and their level of self-esteem, respectively. Chi-square was used to determine the association between parenting style and self-esteem.

Students enrolled in the College of Nursing aged 16 to 19 years were invited to join the study. Those who agreed and gave their informed consent were included. Potential respondents were selected by simple random sampling to attain a sample size of 400 based on the following parameters: proportion with positive self-esteem 85%, level of significance 0.1, power 80%.⁹

The researchers used the Rosenberg Self-Esteem Scale (RSE), a 10-item tool that measures feelings of global self-worth, to determine the respondents' level of self-esteem. The scale ranges from 0-30; scores above 25 mean high self-esteem; scores between 15 and 25 imply a normal self-esteem and scores below 15 suggest low self-esteem. The RSE has high internal reliability (0.92) and strong construct validity. This instrument is unique because it is designed to measure

global self-esteem, so items do not specify exacting areas of activity or qualities that individuals must take into consideration when judging themselves. Individuals who score high in the RSE scale reflect the feelings that they are "good enough" in self-worth and self-respect.¹⁰

The Parenting Authority Questionnaire (PAQ), consisting of 30 Likert-type items each for maternal and paternal styles, was used to determine one of three parenting styles: authoritarian, authoritative and permissive. There were 10 questions each for authoritarian, authoritative and permissive styles, respectively. The tool provided different situations wherein the respondent selected which response --- strongly disagree, disagree, neither agree nor disagree, agree, and strongly agree --- best fit his/her father and mother, respectively.¹¹

The study was explained to potential respondents and the questionnaires were administered to those who gave their informed consent. The respondents were given sufficient time to answer the survey tools. The identities of the respondents were not revealed to protect their privacy and confidentiality. The study was approved by the Ethics Review Committee of the Medical Center.

The responses gathered from the survey were analyzed using SPSS version 19.0. The researchers utilized chi-square statistics in analyzing the significance of any association between parenting style and self-esteem. Those whose answers were incomplete were excluded from the analysis.

Results

A total of 74 nursing students qualified and agreed to join the study. Fifty-two (70%) gave valid responses; the invalid responses were incomplete, with major portions of the survey left blank, thus, these were excluded from the study. The mean age of the respondents was 18.4 years; more than half were 19 years old and almost two-thirds were female, as seen in Table 1.

Table 2 shows that 7 out of 10 respondents had normal self-esteem and almost one-third were considered to have low self-esteem. The most common parenting style among both the respondents' mothers and fathers was authoritative (82.7% and 69.2%) as seen in Table 3. There were more authoritative mothers than fathers (43 vs 36) and twice as many authoritarian fathers than mothers (10 vs

5). The permissive style was least common in both parents. As seen in Table 4, paternal parental authority prototype was associated with the respondents' self-esteem ($\chi^2 = 19.19$, $p < 0.05$) but the maternal authority prototype was not.

Table 1. Demographic characteristic of respondents (N = 52).

Characteristics	Frequency (%)
Age (yr)	
17	5 (9.6)
18	20 (38.5)
19	27 (51.9)
Sex	
Female	34 (65.4)
Male	18 (34.6)

Table 2. Perceived self-esteem of 52 respondents.

Level of Self-esteem	Frequency (%)
High	1 (1.9)
Normal	37 (71.2)
Low	14 (26.9)

Table 3. Parental authority prototypes of both parents of 52 respondents.

Parental Authority Prototype	Maternal	Paternal
Authoritative	43 (82.7%)	36 (69.2%)
Authoritarian	5 (9.6%)	10 (19.2%)
Permissive	4 (7.7%)	6 (11.6%)

Discussion

Previous studies have linked self-esteem and parenting style, and many of them show that there is relationship between certain parenting styles and global self-esteem. The hypothesis of this study is that both maternal and paternal parental authority prototypes are significantly associated with perceived self-esteem, but the results show that it is the paternal parenting style which is significantly associated with the adolescent nursing student's perceived self-esteem. The results also showed that the most common paternal and maternal parenting style is authoritative.

The results of this study provide further evidence that parental authority prototype is associated with perceived self-esteem in adolescent students enrolled in the College of Nursing. This study however, did not investigate which particular parenting style is associated with a high self-esteem. Future studies that examine this possible relationship may provide a basis for the College of Nursing to encourage parents to adopt a parental authority prototype which will boost rather than lower one's self-esteem. Self-esteem, especially among adolescent nursing students, greatly influences how an individual can demonstrate skills and how one can provide quality nursing care to patients. Understanding what boosts self-esteem, as early as the formation years for student nurses, can help enable them to foster proactive coping behaviors, which would influence the way they respond to stressful situations in the clinical areas, and thus affect the way they render care to patients.¹² Nurses with high self-esteem come across less difficulties in communication with colleagues and patients. They have more empathy and efficacy, and have better collaboration with colleagues and patients, and consequently, better performance at work.¹³

The investigators showed that paternal, but not maternal, parental prototype is associated with perceived self-esteem of adolescent nursing students. The most common parenting style is authoritative for the mothers and the fathers.

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