

Relationship Between Positive Parenting and Self-Esteem of Tribal Adolescents

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ABSTRACT: The study was aimed to investigating the relationship between positive parenting and self-esteem of tribal adolescents in Mancherial district of Telangana state. Positive parenting can boost adolescent's self-esteem to cope with the challenges of life and helps them to be more confident in decision-making. This study consists the sample of 60 parents and 60 adolescents aged between 13-18 years. Positive parenting questionnaire (PPQ) and Self- Esteem Scale (Developed by Dr. Santosh Dhar and Dr. Upinder Dhar) were used to collect data about two variables. The PPQ assess the parent's level of nurturing, listening and responsiveness, involvement, positive reinforcement, discipling, monitoring and autonomy. Self-esteem scale assess positivity, openness, competence, assertiveness, self-worth and learning orientation of adolescents. After conducting correlation analysis between positive parenting and self-esteem of tribal adolescents, a significant and strong positive correlation was observed. Specifically, the correlation coefficient was calculated to be $r=0.954^{**}$ at 0.01 level of probability. This finding suggests that as positive parenting practices increase, the self-esteem of tribal adolescents also increases. In other words, when parents engage in behaviors that promote positive parenting, such as providing emotional support, setting clear expectations, and demonstrating care and respect, the self-esteem of adolescents from tribal communities tends to be higher. Interestingly, our results align with existing research in the same field. This consistency across studies strengthens the validity of our findings and supports the notion that positive parenting is a crucial factor in fostering healthy self-esteem among tribal adolescents.

Keywords: Positive Parenting, positive relationship, self- esteem, tribal adolescents.

INTRODUCTION

The parent-child relationship is a widely studied topic in psychology. Adolescence, spanning from ages 13 to 18, marks the bridge between childhood and adulthood. This phase is marked by a mix of confusion and exploration, and it revolves around themes of independence and self-definition. During adolescence, a common challenge is the struggle with effective communication between parents and their teenage children. This communication barrier can pose a significant issue during this period of transition.

Positive parenting is the continual relationship of a parent(s) and a child or children that includes caring, teaching, leading, communicating and providing for the needs of a child consistently and unconditionally (Seay *et al.*, 2014). Moreover, the parents offered not only these aspects but also clear rules for children. Parents with positive parenting tend to display high control and warmth toward children. Parents tend to be supportive, responsible control everything for their children without warm concerns (Kou, 2022).

Self-esteem is an overall evaluation of the persons value expressed in positive or negative orientation towards himself (Rosenberg, 1965). This perception of self-worth is a component of our personality. To elevate self-esteem, we require a sense of personal value derived from successfully navigating life's challenges. When adolescents experience positive parenting, their self-esteem tends to be high. This, in turn, equips them with the ability to handle difficult situations more effectively.

Positive parenting plays a vital role in fostering various qualities in adolescents. These qualities include confidence, resilience, creativity, and competence. Positive parenting empowers adolescents to approach life with enthusiasm and accountability (Roper, 2016). Through this approach, adolescents' self-esteem is boosted, leading to a decreased risk of engaging in harmful behaviors. When adolescents possess strong self-esteem, the probability of them getting involved in risky activities diminishes.

Most of the studies have found that majority of tribal adolescents' self-esteem was low due to living under

the circumstances that are not conducive for positive self-esteem when compared with the urban adolescents (Roper, 2016). Tribal societies face more restrictions than that of urban and other societies. Since the family involvement is one of the important indicators of child's positive outcomes and this parameter is linked to children's inspiration to study, attain and assignment performance (Dinesh and Chandrashekar 2015) but the tribal parents' involvement was found to be very less in the lives of adolescents.

MATERIALS AND METHODS

Telangana is the sole South Indian state with the highest tribal population of 9.08 percent as per the 2011 census. Within Telangana, Mancherial district stands out with 7.06 percent of its population belonging to Scheduled tribes. AnEx post facto research design was employed and random sampling technique was used to select the sample. Tribal adolescents under the age groups of 13-18 years and their parents were selected to represent the sample. The sample consist of 60 tribal adolescents and their parents, thus the total sample comprises of 180. To gather relevant information, a well-structured interview schedule was used to collect demographic data like adolescents' age, gender, education, and birth order as well as parents' details such as age, education, occupation, family type, and socio-economic status (Modified Kuppaswamy Socio-Economic Scale 2022). Additionally, a self-developed questionnaire was employed to assess the level of positive parenting exhibited by parents. To gauge the self-esteem of tribal adolescents, the Self-Esteem Scale developed by Dr. Santosh Dhar and Dr. Upinder Dhar was employed.

RESULTS AND DISCUSSION

Table 1: Relationship between positive parenting and self esteem.

Positive parenting variables	Over all self-esteem levels
Nurturing	0.922**
Listening and responsiveness	0.917**
Involvement	0.932**
Positive reinforcement	0.921**
Disciplining	0.959**
Monitoring	0.960**
Autonomy	0.954**
Overall positive parenting levels	0.954**

Note: **p<0.01 level of significance, *p<0.05 level of significance

Table-1 shows the relationship between positive parenting and self-esteem among tribal adolescents. The data in the table indicate that there is a strong and positive relationship between positive parenting and the self-esteem of these adolescents. Examining the details in the table, it was observed that the aspects of positive parenting encompasses nurturing, listening and responsiveness, involvement, positive reinforcement, disciplining, monitoring, and autonomy displays a highly positive and significant relationship with the self-esteem of the adolescents. This suggests that different elements of positive parenting contribute significantly to the development of strong self-esteem in tribal adolescents.

The analysis revealed a very strong and statistically significant positive relationship between overall positive parenting and the self-esteem of tribal adolescents ($r = 0.954^{**}$, $p < 0.01$). This significant correlation underscores the notion that parents who engage in positive parenting contribute to higher self-esteem levels in tribal adolescents. This finding aligns closely with a study conducted by Smokowski *et al.* (2015) found that positive parenting practices were significantly linked to higher self-esteem among rural adolescents.

A notable positive correlation emerged between "Parental nurturing" and the self-esteem of tribal adolescents ($r = 0.922^{**}$, $p < 0.01$). This finding suggests that parents who provide better nurturing tend to foster higher self-esteem in their adolescents. This positive correlation implies that parental encouragement and support could potentially lead to enhanced self-esteem of tribal adolescents by empowering young individuals to manage their tasks, develop life skills, decision-making abilities, experience greater self-confidence which are key contributors to self-esteem. Present findings were on par with a study conducted by Lim *et al.* (2015) who stated that parents who provide emotional support better results in adolescents self-esteem.

The component "Listening and responsiveness" exhibited a highly significant positive relationship with the self-esteem of tribal adolescents ($r = 0.917^{**}$, $p < 0.01$). This indicates that when parents attentively listen and respond to their children's thoughts, opinions, and feelings, it leads to an enhancement in the self-esteem of tribal adolescents. This finding is supported by the study conducted by Pinquart and Gerke (2019) who stated that parental listening and responsiveness are key components of authoritative parenting which intern fosters self-esteem in adolescents.

The aspect of positive parenting "Parental involvement" had a strong, positive association with a tribal adolescent's self-esteem ($r = 0.932^{**}$, $p < 0.01$). It means as parental involvement increases adolescents' self-esteem tend to increase. This positive association suggests that when parents show genuine interest in their adolescents' activities, interests, and concerns, it contributes to the adolescents' sense of self-worth and confidence. It was supported by Wairimu *et al.* (2016) which stated that when parents are emotionally connected and engaged in their adolescents' lives, it contributes to the development of a strong self-esteem and have the ability to cope with difficulties. This underlines the positive impact of parents being actively present and engaged in their adolescents' lives, ultimately enhancing their overall well-being and self-esteem.

The positive parenting aspect called "Parental Positive reinforcement" was found to have a positive and significant relationship with the self-esteem of adolescents ($r = 0.921^{**}$, $p < 0.01$). This implies that an increase in positive reinforcement is linked to an increase in adolescents' self-esteem. It means when parents offer encouragement, praise, and rewards to their children, it contributes to higher self-esteem in adolescents. For instance, if parents give their children

responsibilities and acknowledge their efforts by providing rewards or praise, it tends to elevate the adolescents' self-esteem.

The component "Disciplining" exhibited a highly significant positive relationship with the self-esteem of tribal adolescents ($r = 0.959^{**}$, $p < 0.01$). This implies that parents who employ diverse discipline methods, including verbal aggression, reasoning, induction, and positive reinforcement, play a role in enhancing adolescents' self-esteem. This finding is on par with the study conducted by Gawali and Bedi (2019) which stated that parents utilize various strategies to discourage inappropriate behaviors in adolescents. These strategies, in turn, contribute to boosting adolescents' self-esteem. When parents utilize a mix of approaches, it fosters a positive self-perception and greater self-esteem in adolescents. This underscores the role of effective discipline methods in nurturing healthy self-esteem during adolescence.

"Parental monitoring" had a high significant positive relationship with self-esteem of tribal adolescents ($r = 0.960^{**}$, $p < 0.01$). Parents who monitor child's academic progress, activities, and setting limits to control the unacceptable behaviour. This guidance helps adolescents to navigate challenges and make informed choices, leading to a sense of accomplishment and self-assurance. This finding is on par with the study conducted by Jaiswal and Choudhuri (2017) who found that parents who provide proper support and guidance in their academics and problems associated with friends, helps them to manage effectively, which in turn lead to increase self-esteem in adolescents.

The aspect of positive parenting "autonomy" was found to be positively and significantly related with adolescents' self-esteem ($r = 0.954^{**}$, $p < 0.01$). It means as increase in autonomy there is a gradual increase in self-esteem of the adolescents. This suggests that when parents encourage their adolescents to develop a sense of independence and make their own decisions within appropriate boundaries, it contributes to higher self-esteem. It was supported by a study conducted by Jinan *et al.* (2022) reveals that parents who provide freedom and give respect to child's efforts helps the adolescents to foster their sense of competence which in turn leads to higher self-esteem among adolescents.

CONCLUSIONS

The study can be concluded that positive parenting has a significant positive relationship with self-esteem of tribal adolescents. Adolescents from tribal communities can develop their competences and increase their self-esteem by being given a safe and encouraging atmosphere where they can express their thoughts, explore their identities, and gain confidence. Positive parenting enables individuals to deal effectively with the demands and challenges of every-day life. Positive parenting empowers individuals to understand themselves

and assess their strengths and weakness so that to work on their weakness to strengthen their capabilities.

FUTURE SCOPE

The findings of this study hold implications for policymakers. Positive parenting emerges as a significant tool to enhance the self-esteem of the tribal adolescents. Through positive parenting, these adolescents experience a sense of value, respect, and confidence. Positive parenting boosts up the adolescent's self-esteem, makes more resilient to face the challenges, have better interpersonal relationships, and are more likely to make healthy choices. Additionally, improved self-esteem can lead to increased motivation to achieve their goals and a greater sense of self-worth.

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Conflict of Interest. None.

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