

INFLUENCE OF PERCEIVED PARENTING STYLES ON SOCIAL COMPETENCE AND SELF-IMAGE AMONG ADOLESCENT SCHOOL CHILDREN

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ABSTRACT

Adolescence represents a critical period marked by significant changes in social interactions and self-perception. During this developmental phase, adolescents form essential aspects of their self-image and social competence, crucial for their overall well-being and future success. This study explores how adolescents' perceptions of their parents' parenting styles influence their social competence and self-image. Specifically, it investigates the impact of different perceived parenting approaches on these developmental outcomes among adolescents in Kerala, a region experiencing cultural shifts and socio-cultural challenges. Using a correlational research design, data was collected from 593 adolescent students attending high school and higher secondary school in Kerala. Measures included the Perceived Parenting Scale, Social Competence Scale, and Index of Self-Image Scale. Results indicate significant correlations between perceived parenting styles and adolescent social competence and self-image. Parenting dimensions such as acceptance, indulgence, realism, moralism, and discipline consistently showed positive associations with these outcomes. Notably, parental acceptance and indulgence, along with discipline and realistic role expectations, were found to play interconnected roles in shaping adolescent development.

Key Words : Social Competence, Self Image , Perceived Parenting

INTRODUCTION

Adolescence is a critical developmental stage marked by profound changes in social interactions and self-perception. It is a crucial period characterized by significant physical, emotional, and social changes, during which individuals develop essential aspects of their self-image and social competence (Sebastian et al., 2008). During this period, adolescents are

particularly sensitive to the parenting styles employed by their caregivers, which significantly shape their social competence and self-image (Ortega et al., 2023).

Adolescence is a pivotal developmental stage where individuals form crucial aspects of their self-image and social competence, which are foundational to their overall well-being and future success (Ragelienė, 2016). Social competence involves the ability to interact effectively with peers, form meaningful relationships, and handle social challenges, predicting outcomes like academic success, mental health, and future career achievements. High social competence in adolescents is characterized by better communication, empathy, and conflict resolution skills (Rose & Denham, 2009). Similarly, self-image, or how individuals perceive and evaluate themselves, significantly develops during adolescence (Meeus et al., 2005). A positive self-image correlates with higher self-esteem, better mental health, and overall life satisfaction, whereas a negative self-image can lead to issues like depression, anxiety, and social withdrawal (Bailey, 2003). Research indicates that adolescents perceiving their parents as authoritative tends to exhibit higher self-esteem and social competence compared to those with authoritarian or permissive parents (Jinan, 2022).

The influence of parenting styles on adolescent development is crucial, particularly in the context of Kerala, which is undergoing significant cultural shifts. Traditionally characterized by strong family bonds and community-oriented lifestyles, Kerala now faces challenges posed by the rise of nuclear families, increased screen addiction, and diminished opportunities for life skills and interpersonal skills training (Chacko, 2023). These changes are especially pronounced in semi-urban areas where traditional community bonds are weakening, leading to reduced neighborhood peer interactions and a sense of insecurity. This study aims to explore how different perceived parenting styles impact the social competence and self-image of adolescents in Kerala, addressing the need for effective parenting practices in this evolving socio-cultural landscape.

The significance of this research lies in its potential to inform various stakeholders, including parents, educators, policymakers, and community organizations. By providing insights into the relationship between parenting styles and adolescent development, the study can guide parents in adopting practices that foster positive social and emotional growth. Educators can use the findings to design programs that incorporate essential life skills and interpersonal skills training, addressing current gaps in the education system. Policymakers can develop strategies to support families and adolescents, particularly in semi-urban areas, fostering environments conducive to healthy development. Additionally, community organizations can create initiatives that strengthen neighborhood peer relationships and provide adolescents with supportive environments to develop social competencies and self-image, thereby promoting resilience and well-being amidst the challenges of modernity.

Statement of the Problem

This study aims to explore how adolescents' perceptions of their parents' parenting styles relate to their social competence and self-image. Specifically, it investigates whether different parental approaches influence these aspects of adolescent development.

Objectives of the Study

To investigate the relationship between perceived modes of fathering and mothering with social competence and self-image among adolescent school children.

To assess the unique contribution of perceived parenting dimensions to the prediction of self image and social competence among adolescents.

Hypotheses

There will be a significant relationship between perceived parenting and social competence among adolescent school children.

There will be a significant relationship between perceived parenting and self image among adolescent school children.

METHOD

This study employed a correlational research design to examine the intricate relationships between perceived parenting styles and various psychological outcomes in adolescents. In this descriptive cross-sectional study the use of correlational design allows for the investigation of associations between perceived fathering and mothering styles and key adolescent variables, such as social competency.

Population of the study consists of adolescent students who pursue high school and higher secondary school education in Kerala. Both male and female adolescents belong to the age group of 13 to 18 and studying high school and higher secondary schools were included in the samples.

Sampling

Sampling Method: Cluster Sampling

Sample Size: A total of 593 adolescent students participated in the study, comprising 207 boys and 386 girls. These students were from classes 10, 11, and 12. Characteristics of the sample with respect to the socio demographic details are given in table 3.1

MEASURES USED

The following tools were used for the present study:

1. Perceived Parenting Scale (Bharadwaj, Sharma, &Garg ,1998)
2. Social Competence Scale (Sharma & Rani, 2013)
3. Index of Self Image Scale (George & Raj 2013)

RESULTS AND DISCUSSION

Summary of the Shapiro-Wilk test indicated that scores of parenting styles were not normally distributed, $w = .96, .95, .94, .97, .95, .95, .96, .95, .94, .97, .96, .96, .96, .95, p < .01$. Similarly, scores of components of social competence and self-image are also not normally distributed, $w = .99, .97, .90, .97, p < .05$.

The study delves into the complex interplay between perceived parenting styles, social competence, and self-image among adolescents, guided by the hypotheses that there exists a significant relationship between perceived parenting and self-image, as well as between social competence and perceived parenting. The study utilizes a comprehensive framework of eight perceived parenting modes, examining their correlations with social competence dimensions (interpersonal adequacy, personal adequacy, and communication skills) and self-image.

The table1 shows the correlational analysis that revealed the relationship among the variables modes of perceived parenting, social competence and self image of adolescents. Dimensions such as acceptance, indulgence, realism, moralism, and discipline consistently show positive associations with social competence and self image, suggesting that adolescents benefit from perceiving their parents as supportive, realistic, and morally grounded. The findings of the study go along with the previous research. Research suggested that the quality of parenting, including levels of warmth, support, and control, can shape adolescents' self-image. Positive and supportive parenting styles, such as authoritative parenting, tend to foster healthy self-esteem and positive self-image in adolescents (Zakeri & Karimpour, 2011). However, parenting styles like protection exhibit mixed correlations, indicating complexities in their influence on adolescent development.

The study underscores how parental acceptance and indulgence, along with discipline and realistic role expectations, are interconnected in shaping adolescent outcomes. This holistic view of parenting styles emphasizes the need to consider them comprehensively rather than in isolation. These findings have important implications for research and practice. They suggest that interventions aimed at enhancing parental behaviors could positively impact adolescents' social competence and self-image. Researchers should further explore the multifaceted nature of perceived parenting styles to better understand their distinct effects on adolescent well-being.

Table 2 shows that perceived parenting factors, particularly moral guidance and marital adjustment, are significantly associated with adolescents' self-image. The regression analysis indicates these factors collectively explain a substantial portion of the variance in self-image [$R^2 = .193$, $F(13, 579) = 11.925$, $p < .001$], emphasizing their importance in shaping adolescents' self-esteem. These findings suggest interventions should target parenting behaviors that foster moral values and marital harmony to enhance adolescents' self-image and long-term well-being.

Table 3 reveals that certain parental behaviors, such as maternal indulgence and paternal moralism and realistic role expectation, significantly correlate with adolescents' personal adequacy. The overall model indicates these parenting factors collectively explain a significant portion of the variance in personal adequacy [$R^2 = .411$, $F(13, 579) = 32.825$, $p < .001$], highlighting their crucial role in shaping adolescents' self-concept and well-being. These findings underscore the importance of promoting positive parenting practices through targeted interventions to enhance adolescents' personal adequacy and overall development.

Table 4 presents significant findings regarding the prediction of interpersonal adequacy from diverse parenting factors. It highlights that perceived maternal acceptance and paternal moralism and discipline are positively associated with adolescents' interpersonal skills, indicating that strong emotional support and guidance from both parents contribute to better interpersonal functioning. The overall model is significant [$R^2 = .305$, $F(13, 579) = 20.982$, $p < .001$], emphasizing the collective influence of parenting behaviors on adolescents' interpersonal adequacy. These results underscore the importance of positive parenting practices in promoting adolescents' social competence, consistent with previous research by Stark (2022) and Vimple and Sawhney (2017).

Table 5 examines how various parenting factors predict adolescents' communication skills, revealing significant insights. Maternal acceptance shows a strong positive correlation with communication abilities, indicating that adolescents who perceive higher maternal acceptance tend to have better communication skills. The marginal significance of paternal realistic role expectation suggests its potential influence as well. The overall model is significant [$R^2 = .177$, $F(13, 579) = 10.818$, $p < .001$], indicating that parenting factors collectively explain a moderate portion of the variation in adolescent communication skills. The significant role of marital adjustment underscores its importance in creating a stable environment conducive to developing effective communication skills in adolescents.

MAJOR FINDINGS OF THE STUDY

The study identified significant correlations between perceived parenting styles and adolescent social competence, as well as self-image. Positive associations were found with dimensions like acceptance, indulgence, realism, moralism, and discipline for both social competence and self-image. Variables such as parental acceptance, indulgence, discipline, and realistic role expectation were highly correlated, highlighting their interconnectedness. Regression analysis underscored significant positive associations between specific perceived parenting behaviors, particularly moralism, and adolescent self-image, suggesting that these behaviors contribute to positive self-images. Additionally, maternal indulgence, paternal moralism, and realistic role expectation were positively associated with personal adequacy in adolescents. Statistically significant positive relationships were observed between perceived parenting behaviors like acceptance, moralism, and discipline, and adolescents' interpersonal skills. Maternal acceptance was notably linked to better communication skills in adolescents, while paternal realistic role expectation showed marginal significance, indicating its potential influence. Marital adjustment also emerged as significant in fostering effective communication skills among adolescents.

IMPLICATIONS OF THE STUDY

The study's implications are manifold. Firstly, it underscores the critical role of perceived parenting styles in shaping adolescent development, particularly regarding social competence and self-image. Secondly, the findings highlight the interconnectedness of various parenting dimensions, emphasizing the importance of considering parenting styles holistically. Thirdly, the study suggests that specific parenting behaviors, such as moral guidance and emotional support, significantly influence adolescents' self-image, personal adequacy, interpersonal skills, and communication abilities. Finally, the implications extend to interventions and practices, emphasizing the need to promote positive parenting practices, address complexities within parenting styles, and foster a stable family environment conducive to adolescent well-being.

Table 1

Relationship Among Parenting style, Social Competence and Self-image

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
PM_Acceptance (1)																		
PM_Protection (2)	.37**																	
PM_Indulgence (3)	.60**	.43**																
PM_Realism (4)	-.31**	-.04	-.27**															
PM_Moralism (5)	.47**	.44**	.45**	-.12**														
PM_Discipline (6)	.36**	.44**	.38**	-.06	.54**													
PM_Realistic Role Expectation (7)	.55**	.28**	.45**	-.21**	.49**	.46**												
PF_Acceptance (8)	.80**	.38**	.53**	-.26**	.45**	.30**	.49**											
PF_Protection (9)	.34**	.78**	.37**	-.03	.44**	.44**	.29**	.42**										
PF_Indulgence (10)	.51**	.40**	.77**	-.19**	.43**	.38**	.43**	.58**	.46**									
PF_Realism (11)	-.28**	-.08	-.24**	.77**	.12**	.11**	.19**	-.32**	-.07	.28**								
PF_Moralism (12)	.44**	.42**	.41**	-.08	.78**	.46**	.42**	.47**	.46**	.47**	-.10*							
PF_Discipline (13)	.37**	.46**	.37**	-.05	.52**	.80**	.42**	.35**	.53**	.44**	-.10*	.55**						
PF_Realistic Role Expectation (14)	.40**	.20**	.31**	-.13**	.34**	.34**	.75**	.48**	.21**	.37**	-.14**	.37**	.35**					
P_Marital Adjustment (15)	.47**	.28**	.34**	-.11**	.41**	.35**	.46**	.51**	.38**	.44**	-.20**	.40**	.36**	.39**				
Personal adequacy (16)	.36**	.36**	.40**	.07	.42**	.34**	.36**	.36**	.39**	.42**	.01	.45**	.42**	.36**	.30**			

zzInterpersonal adequacy (17)	.44**	.33**	.37**	-.03	.46**	.40**	.34**	.45**	.36**	.41**	-.08	.49**	.46**	.32**	.37**	.51**		
Social relationship (18)	.33**	.13**	.24**	-.02	.26**	.21**	.22**	.32**	.17**	.27**	-.06	.29**	.21**	.24**	.28**	.18**	.44**	
Self-Image (19)	.35**	.21**	.22**	.06	.35**	.25**	.31**	.33**	.22**	.23**	.07	.35**	.24**	.29**	.38**	.29**	.31**	.20**

* $p < .05$,** $p < .01$

Source:

Primary

Data

Table 2 Predicting Self Image from Parenting Factors

Predictors	β	t	Sig.
PM_A (Acceptance)	.132	1.848	.065
PM_B (Protection)	.028	.428	.669
PM_C (Indulgence)	-.116	-1.625	.105
PM_E (Moralism)	.087	1.278	.202
PM_F (Discipline)	-.010	-.152	.880
PM_G (Role Expectation)	.075	1.035	.301
PF_A(Acceptance)	.032	.451	.652
PF_B(Protection)	-.028	-.414	.679
PF_C(Indulgence)	-.061	-.852	.394
PF_E(Moralism)	.165	2.508	.012
PF_F(Discipline)	-.074	-1.049	.294
PF_G(Role Expectation)	.034	.526	.599
P_H(Marital adjustment)	.255	5.383	.000

$R^2 = .193$, $F(13, 579) = 11.925$, $p < .001$

Table 3

Predicting Personal Adequacy of social competence from Parenting Factors

Predictors	β	t	Sig.
PM_A (Acceptance)	.093	1.526	.128
PM_B (Protection)	.046	.830	.407
PM_C (Indulgence)	.162	2.651	.008
PM_E (Moralism)	.043	.740	.460
PM_F (Discipline)	-.004	-.059	.953
PM_G (Realistic Role Expectation)	-.055	-.894	.372
PF_A(Acceptance)	-.094	-1.536	.125
PF_B (Protection)	.107	1.849	.065
PF_C(Indulgence)	.065	1.068	.286
PF_E (Moralism)	.173	3.079	.002
PF_F (Discipline)	.091	1.517	.130
PF_G(Realistic Role Expectation)	.211	3.808	.000
P_H Marital adjustment	.021	.520	.603

$R^2 = .411$, $F(13, 579) = 32.825$, $p < .001$

Table 4 Predicting Interpersonal Adequacy of social competence from Parenting Factors

Predictors	β	<i>t</i>	<i>Sig.</i>
PM_A (Acceptance)	.205	3.095	.002
PM_B (Protection)	.000	.005	.996
PM_C (Indulgence)	-.080	-1.208	.227
PM_E (Moralism)	.074	1.172	.242
PM_F (Discipline)	.006	.094	.925
PM_G (Realistic Role Expectation)	-.062	-.925	.356
PF_A(Acceptance)	.025	.378	.705
PF_B (Protection)	-.010	-.166	.868
PF_C(Indulgence)	.069	1.040	.299
PF_E (Moralism)	.151	2.476	.014
PF_F (Discipline)	.208	3.185	.002
PF_G(Realistic Role Expectation)	.110	1.828	.068
P_H Marital adjustment	.020	.444	.657

$R^2 = .305$, $F(13, 579) = 20.982$, $p < .001$

Table 5

Predicting communication skills of social competence from Parenting Factors

Predictors	β	<i>t</i>	<i>Sig.</i>
PM_A (Acceptance)	.206	2.854	.004
PM_B (Protection)	-.103	-1.558	.120
PM_C (Indulgence)	-.037	-.508	.612
PM_E (Moralism)	.044	.636	.525
PM_F (Discipline)	.108	1.545	.123
PM_G (Realistic Role Expectation)	-.082	-1.122	.262
PF_A(Acceptance)	.009	.129	.897
PF_B (Protection)	.029	.426	.670
PF_C(Indulgence)	.058	.798	.425
PF_E (Moralism)	.101	1.515	.130
PF_F (Discipline)	-.008	-.114	.909
PF_G(Realistic Role Expectation)	.113	1.718	.086
Marital adjustment	.119	2.488	.013

$R^2 = .177$, $F(13, 579) = 10.818$, $p < .001$

LIMITATIONS AND SUGGESTIONS

The study's reliance on self-reported data introduces the possibility of response biases and inaccuracies. Its cross-sectional design limits the ability to establish causal relationships between perceived parenting styles and adolescent outcomes. The sample's lack of diversity

may restrict the generalizability of findings to broader adolescent populations. Other influential factors beyond perceived parenting styles, such as peer influences or socioeconomic status, were not accounted for in the analysis. Future research could benefit from longitudinal designs, diverse samples, and multivariate analyses to better elucidate the complex interplay between parenting styles and adolescent development.

CONCLUSION

In conclusion, this study provides valuable insights into the intricate dynamics between perceived parenting styles, adolescent social competence, and self-image. The findings underscore the significant role of parenting behaviors, particularly those fostering acceptance, indulgence, realism, moralism, and discipline, in shaping adolescents' development. While certain parenting styles demonstrate consistent positive correlations with social competence and self-image, complexities exist, emphasizing the need for a holistic understanding of parenting styles. The study highlights the importance of promoting positive parenting practices and interventions aimed at enhancing adolescent well-being. Moving forward, longitudinal research incorporating diverse samples and considering additional contextual factors will further enrich our understanding of the nuanced relationship between parenting styles and adolescent outcomes.

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