

# *The impact of dimensions of parenting styles on the self-esteem of the individual*

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## **Abstract**

*This study addresses the relationship between self-esteem and dimensions of parenting styles. The purpose of this study is to show the relationship between dimensions of parenting styles and the child's self-esteem. The dimensions of parenting styles that have been studied in this paper are: Permissive, Authoritarian and Authoritative. From the research conducted in other studies, it results that the dimensions of parenting styles are related to self-esteem, where respectively the permissive and authoritative dimension is related to increased self-esteem, while the authoritative dimension is related to decreased self-esteem. Based on the data extracted from the results of the SPSS program for this study, it has resulted that there is a negative correlation between self-esteem and the permissive dimension of parenting styles. This means that the more permissive the parents are, the lower the children's self-esteem. For the authoritative dimension, a significant relationship bordering on self-esteem has resulted. This relationship was established only with the mother. So an authoritative mother brings about an increase in the child's self-esteem. For the relationship between the authoritative dimension and self-esteem, based on the data results, no correlation has resulted between them. Based on the studies conducted, it turns out that this result may come as a result of the fact that children do not see their parents today as authoritarian. From this study we come to the conclusion that the relationship between the dimensions of parenting styles and self-esteem depends on the way parents behave with their children, that is, the dimension of parenting styles they use with them.*

**Keywords:** *dimensions, self-esteem, children.*

## **Introduction**

### *General Perspectives*

The perspective of this study is to show the relationship between self-esteem and dimensions of parenting styles. The main goal is to study how different dimensions of parenting styles affect the self-esteem of the individual. Also how different gender roles of parents affect children. The sample used is children who report on their parents. Two standardized questionnaires were used for this study. For the different dimensions of parenting styles, the PAQ test (Psychological scale, 2024) was used, which is composed of 30 separate statements for both genders of parents. The statements correspond to each dimension and children choose which statement is true for their parents. Regarding self-esteem, the Morris Rosenberg test (American Psychological Association, 2006) was used. This test contains a total of 10 statements that have their own calculation scales. The tests are put together in such a way that the individuals who complete them can measure two important aspects of the study, the dimensions of parenting styles and the self-esteem of the individuals. So how has a certain style of parents of different genders influenced the self-esteem of their children. Considering that the test for the dimensions of parenting styles is separate for both mothers and fathers, this shows us that there is a gender division in the way parents of different genders raise their children. As mentioned above, there are different dimensions of parenting styles.

## **Literature review**

### *History of Parenting*

Parenting styles and child care is a phenomenon that has its beginnings since 1800 until today (Positive parenting, 2019). People previously did not know the importance of the impact that the way you behave with children and get to know them in many dimensions has. Science has increasingly made parents understand that caring for their children is very important. Previously, parents did not have information on how to care for, behave and treat a child. They used old methods based on the culture they were raised in, religious beliefs, etc. But with the evolution of science and psychology, parents were challenged by science and accepted the fact that there are certain ways and rules to behave with children and not only based on some inherited rituals or customs. So in 1800 the first Industrial Revolution took place, which was also the birth of the first child care organization. Many children went out in protest to protect their rights, to get out of their slavery and to make others understand that they are human beings and enjoy full rights

like everyone else and not to be subjugated by others. So that, in 1833 and 1844 the first English laws were passed to reduce child labor. In 1887 the American Pediatric Association began to develop and its importance was understood. In 1912 the Children's Bureau was founded in the USA. The Children's Bureau of the USA provided information on infant care and maternal health issues. In the 1920s and onwards, science taught even more about the importance of the child and the behavior of parents towards them. Here it was seen in a broader perspective where parents were informed not only about physical aspects related to the child but also about how they should behave and treat their children.

*Parenting styles that were created  
in 1928 and further developed to the present day*

Two parenting styles were the main ones during this period: the Victorian style of parenting centered on adults and the Freudian style centered on the child. Which were created by famous therapists and who made a great contribution to the development of psychology more broadly.

*Victorian style of parenting centered on adults:*

Behaviorist John Broadus Watson (1928) wrote his famous book "The Psychological Care of Infants and Children" before the Second World War. In this book he shares his views and beliefs about how children function and behave. Every action they do is explained in different ways and that the child is a being who can be taught by the examples he provides and the way he treats them. This book explains human beings in a very mechanical way. So the ways we decide to follow with people will give us certain results. He saw the child as an object, which can be formed and deformed at any time. According to him, parents should have an authoritarian, strict approach towards their children so that they grow up with all the rules they need in the future and know their limits. Many parents find this type of treatment of their child difficult, but Watson recommended that they give up the role of the compassionate parent but be more strict, strict with their rules and set limits for their children.

*Freudian Parenting Style more child-centered:*

Benjamin Spock (1946) created his book "In baby and child care" after the Second World War. Essentially it was the child and the love that should be conveyed to them. In this book Spock tried to encourage mothers to devote themselves to their child without neglecting their feelings, desires, the rights they have to have a warm and harmonious family. He completely rejects Watson's approach of treating children as mechanical objects that are taught using behavioral techniques and a pronounced lack of empathy. He emphasizes that children are very much in need

of their parents' love, care, and the importance they give them in the family. A good child grows up with love, dedication, and rules that interact with each other in the time and place of right. A child without love is an aggressive, cold and impulsive child. The child may make mistakes but the way he learns the right path is through warm words, dedication and not strict rules and harsh punishment.

### *Parenting styles*

The way parents behave with their children is explained by science as divided into four types or parenting styles (Parenting for brain, 2024). All four of these types have their own characteristics that correspond to different types of parents. The way parents use to act with their children indicates both the further development of the child itself and the relationship that will be created when they are aware of their actions and know the reason why they do a certain action. The main parenting styles are: permissive, authoritative, neglectful and authoritarian. These styles were used by Diana Baumrind (2020), a developmental psychologist, who was a specialist in the development and dynamics of the parent-child relationship.

#### *Permissive dimension of the parenting style:*

They have distinctive characteristics from other styles as these parents have high responsibility but low demands on their children. (CNBC make it, 2021) These are parents who care about their children but do not pay attention to rules, norms or how the child should behave in social relationships, which includes relationships with family, friends and other close or not. These parents do not go along with the implementation of strict rules and not allowing the child to perform activities that would not be recommended for a certain age as various problems arise that may have no return and both parties find themselves in making a difficult decision.

#### *Neglectful dimension of the parenting style:*

Neglectful parenting, or parenting that is not involved, is cold and neglectful (Parenting for brain, 2024). From the word itself, this is a type of parent who is neither demanding nor tolerant of his children. He does not seek information about his children, he has no interest in knowing about the condition of his children, such as how his character develops, how his social relationships are, how his academic skills are, how capable he is of coping with the dynamics of life, whether he needs help from his parents. These parents tend to face unhealthy behaviors such as alcohol abuse, drugs or even mental health problems such as depression, childhood trauma, etc. These behaviors come as a result of a monotonous and uninteresting life where the only thing they can do is their work and activities that do not require much energy. As a result, the child will have a future full of difficulties that he will have to face on his own and other problems such as mental health, anxiety, depression, etc.

### *Authoritarian dimension of the parenting style:*

Authoritarian parenting uses strict rules, high standards and punishment to regulate the child's behavior (MC press, 2023). This type of parent is very different from other styles because these parents have very high expectations for their children and want them to grow up the right way, as they think a child should grow up. Authoritarian parents have a strong character and do not allow children to go outside the framework of the way they have taught them to behave. These parents criticize their children a lot and do not let them be free to fulfill at least some basic rights such as playing with friends which is very limited, expressing free speech and if they express an opinion they will be judged or punished by the parents.

### *Authoritarian dimension of the parenting style:*

An authoritarian parenting style involves high parental demand accompanied by responsiveness. In other words, a parent provides a nurturing and warm environment by setting limits (Choosing therapy, 2023). This is the style of the parent who sets rules but also knows what the children's rights are, their desires, also to make the distinction between desires that must be fulfilled which are called needs and desires that can be discussed and to establish an agreement that does not harm either party. These parents are tolerant and authoritarian where necessary, establishing a well-thought-out balance. It is the ideal parent who uses the healthiest forms to raise their children.

## *Gender Roles of Parents*

According to studies, there is a difference between the way mothers care for their children compared to fathers. Research shows that the gender of the parent plays an important role in the way they spread their beliefs to children. A study conducted by Hillary Paul Halpern and Maureen Perry-Jenkins (2015), where 346 children participated, concluded that the gender role of the father was directed more towards sons than towards daughters. Traditional fathers had their own cultural beliefs about how they should raise their children. In a study of 134 Israeli children, it was shown that fathers have greater ideological agreement with sons than with daughters. This shows that fathers transmit their beliefs more to sons. Usually in most families, fathers and sons have a stronger bond with each other when the child grows up than with the daughter. The mother is the one who communicates with the daughter and gives her advice. Given that they are the same gender, they understand each other better than the opposite gender (Hillary Paul Halpern and Maureen Perry-Jenkins, 2015). In another study conducted, where 158 mothers and their children participated, it was found that mothers contributed equally to their children. So they did not have gender divisions

for their children. Mothers treated their children equally, every belief they had they transmitted to their children equally. Based on the studies conducted, it is concluded that the gender roles of parents have different impacts on their children. Mothers are more predisposed to give more care to their children, while fathers focus more on creating good conditions for the family.

### *Self-esteem*

Self-esteem is the degree to which the qualities and characteristics of one's self-concept are seen as positive or negative. Self-concept or self-image has great significance for the individual. The way they see themselves also says a lot about their mental state. Being self-satisfied is an important aspect of an individual's well-being. Individuals who have a high level of self-esteem also have good mental health. On the other hand, individuals with low self-esteem have invalid feelings and needs which are usually symptoms of depression. (APA dictionary, 2024). The social relationships that people create are difficult and often sacrifice themselves to maintain their relationship as consolidated as possible. But suppressing your feelings and thoughts in order not to hurt the other brings later consequences to the person himself but also to the relationship.

#### *Abraham Maslow's Theory of Self-Esteem*

According to Abraham Maslow (verywellmind,2024) who was an American psychologist who developed a hierarchy of human needs to explain human motivation. His theory suggests that people have a series of needs that they place in a hierarchy, the one that has the greatest weight is realized first. Maslow classifies the needs for esteem into two major categories. The first is self-esteem which includes dignity, achievements, independence and the second is the desire for reputation or respect from others which includes status, prestige, etc. (Simplypsychology, 2024). Maslow says that among other needs, an individual also has the need for esteem which can come from oneself but also from others in interpersonal relationships. The need for appreciation is inevitable and makes the individual see abilities or achievements in themselves, have confidence in themselves that they can face many difficulties in life, and not give up at the first defeat.

#### *The impact of parenting styles on self-esteem*

According to Michele Burch Reid (2017) parenting styles affect the self-esteem of the individual and have direct effects on the individual's adjustment and self-image for themselves. Studies show that high self-esteem, good social skills, low levels of aggressive behavior are associated with the authoritative parenting style. On the other hand, the authoritarian style can cause children to have feelings of inferiority,

pronounced lack of self-confidence and self-esteem, nervous, conflicted. Lack of love, pressure exerted by parents, strictly enforced rules indicate a low self-control and self-esteem of the child. The authoritative parenting style, where tolerance with limits, love, dedication, support, encouragement, etc. prevails, makes the child independent, autonomous and strong to face the dynamics of life with intelligence and perseverance. The family is the main factor in the development of the individual's self-esteem. Authoritative parents produce children who are socially developed and manage to find the right ways to cope with dynamics and who have high self-esteem. On the other hand, authoritarian parents create children with low self-esteem and are very skeptical about their abilities (Maria Ashraf Malik, 2016).

### *Parenting styles and self-esteem in the Albanian context*

Albanian parents, unlike other countries, use their own ways to raise their children. They tend to be more concise and regular with them. According to data from UNICEF (2024), parents and children in Albania have a not very good relationship. They emphasize that the burdens such as psychological, economic, etc. cause them to not focus much on their children but to be neglectful towards them. They spend most of their time holding phones in their hands and in order not to take responsibility for their children, they give them phones to spend a significant amount of time during the day. Mostly 50% of Albanian parents are not aware of the negative effects of the internet. From research conducted by UNICEF, it is shown that Albanian parents do not pay much attention to their children and do not spend much time with them.

Data from PAX: According to another report from PAX.org (2024) which has made a short report on how Albanian families function. Albanian families are composed of parents and children but there may be other generations living together. The way parents behave with their children is more concrete. Due to the division of roles where the father is the main one and the one who makes the final decision and the mother who played the role of the caregiver and has a more open influence with the children. Both roles should be highly respected by the children and what they convey to the children should be listened to. Usually Albanian parents like their children to focus more on academics and have very good results in school, otherwise different types of punishment work. In Albania there is a big division between boys and girls. The boy is seen as the child with more priorities and freedom while the girl is based on morality and honesty although it varies based on the family. Parents encourage their children to make responsible decisions and not make big mistakes that can break the trust and morals of the society. Albanian parents tend to be a breed that follows certain beliefs in the way a child is raised. They want their child to be the best and not to engage in unhealthy behaviors.

These can be called strict and rule-based parents, who teach their children the way they want and if the child does not accept they do not compromise. According to them, the child must be orderly and as a result they may behave coldly with them to teach them the values and norms of Albanian society.

## **Methodology**

### *Purpose of the study*

The purpose of this study is to show that parenting styles have an impact on the self-esteem of the child. Different parenting styles can have different impacts on the self-esteem of their children. The objectives that we aim to highlight during this study are:

1. The way in which different parenting styles affect children;
2. The impact of gender roles on the self-esteem of the child;
3. Parenting styles in Albania and how they affect the self-esteem of the child.

### *Research question*

How are the dimensions of parenting styles related to the self-esteem of the individual? Are the parenting styles of the mother and the father equally important in terms of impact on self-esteem?

### *Basic hypotheses:*

Hypothesis 1: Parenting styles of mothers and fathers are related to children's self-esteem

Subhypothesis 1: The authoritative dimension and the permissive dimension of parenting style are related to high self-esteem in children.

Subhypothesis 2: The authoritative dimension of parenting style is related to low self-esteem in children.

Hypothesis 0: Dimensions of parenting styles are NOT related to self-esteem;

Hypothesis 2: The relationships between parenting styles and self-esteem differ based on the gender of the parent (mother or father).

Hypothesis 0: The relationships between parenting styles and self-esteem do NOT differ based on the gender of the parent (mother or father).

## *Study variables*

- Dependent variable: Self-esteem of the individual.
- Independent variable: Parenting styles.

## *Methodology*

This is a quantitative study because through this method data will be obtained empirically, that is, through questionnaires. Considering that we want to measure the level of self-esteem caused by parents, two types of tests will be used. The first test is for parenting styles and the other test is for the self-esteem of their children.

## *Study participants*

Considering that the self-esteem of the individual will be measured based on parenting styles, the participants who participated are their children. The age of the sample ranges from 18 to 45 years old where individuals have created their character and know themselves well. The gender consists of 103 females and 13 males. This study was conducted using the online questionnaire google form. Participants were voluntary and anonymous. The questionnaire was distributed to a wide population of males and females from different parts of Albania. The questionnaire was requested to be re-submitted by different people who have close people who could be suitable for this study. It is possible that male participants showed less interest in completing the questionnaire, as topics related to parenting and emotional development are often perceived as more relevant to mothers. Another possible explanation is that male participants had limited availability or time to complete the survey due to work-related commitments. The survey was mainly distributed through school communication channels, where mothers are typically more active, which may have limited male participation. And the final argument is that social expectations may discourage men from discussing parenting practices or emotional aspects openly, leading to lower participation. Most of the participants in the study were single children, 40%. Most of the participants in the study reported that they are satisfied with their financial situation, exactly 43%.

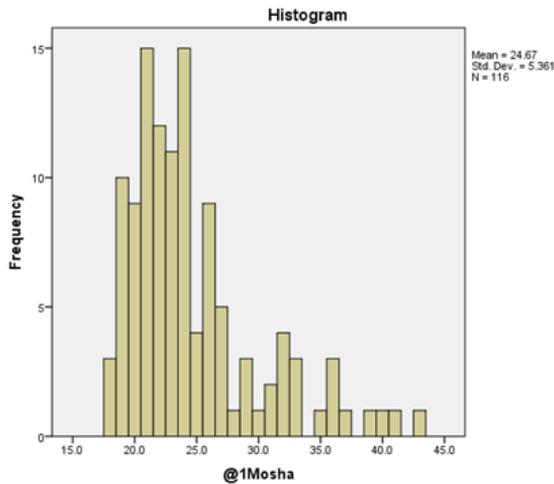
**TABLE 1.** Descriptive analysis of gender. @2Gender

		Frequencies	Percentage	Valid percentage	Cumulative percentage
Valid	Female	103	88.0	88.8	88.8
	Male	13	11.1	11.2	100.0
	Total	116	99.1	100.0	

Absence		1	.9		
Total		117	100.0		

A total of 116 individuals participated in this study, of whom 103 were female (88%) and 13 were male ( 11.1%). As shown in the table above, the majority of participants were female.

**GRAPH 1.** Final age analysis



This study involved 116 individuals, aged (18 to 43). The largest number, based on the results of the graph, is in the age group (21 to 24). While the rest have an approximately uniform distribution.

**TABLE 2.** Final analysis of the educational level of parents.  
@4What is your parent's educational level?

		Frequencies	Percentage	Valid percentage	Cumulative percentage
Valid	8-year	27	23.1	23.3	23.3
	Middle	43	36.8	37.1	60.3
	Hight	45	38.5	38.8	99.1
	Vocational school	1	.9	.9	100.0
	Total	116	99.1	100.0	
Absence		1	.9		
Total		117	100.0		

In this study, it results that the educational level of the parents is divided in the following way: 27 people have completed eight year education; 43 people have

completed secondary education; 45 people hold a higher education degree and only 1 person has attended a vocational school. As shown in the table above, the educational level with the highest values and percentages is higher education. The average educational level is 2.17 and the standard deviation is 0.7. The fact that most parents have higher education can be justified by the fact that most of the sample of this study belongs to the age of 21-24. It appears that parents in this age group belong to a recent post-dictatorship and beyond.

**TABLE 3.** Final analysis of the number of children.  
@3How many children are there in your family?

		Frequencies	Percentage	Valid percentage	Cumulative percentage
Validity	0	7	6.0	6.0	6.0
	1	47	40.2	40.5	46.6
	2	44	37.6	37.9	84.5
	3	11	9.4	9.5	94.0
	4	5	4.3	4.3	98.3
	5	2	1.7	1.7	100.0
	Total	116	99.1	100.0	
Absence		1	.9		
Total		117	100.0		

In this study, from the table shown for the number of children, the highest value is for families with 1 child, which is exactly (40.2%), and the lowest value is for families with 5 children, (1.7%). These values coincide with Albanian families, which, based on the age of the children, result in parents being more focused on their careers than on the fact that they should have an extended family.

**TABLE 4.** Final analysis of financial situation.  
@5How satisfied are you with your financial situation?

		Frequencies	Percentage	Valid percentage	Cumulative percentage
Valid	Very satisfied	12	10.3	10.3	10.3
	Satisfied	51	43.6	44.0	54.3
	Neutral	41	35.0	35.3	89.7
	Not satisfied	10	8.5	8.6	98.3
	Not at all satisfied	2	1.7	1.7	100.0
	Total	116	99.1	100.0	
Absence		1	.9		
Total		117	100.0		

In this study, which is composed of 116 people, regarding the financial situation, 12 people, or (10.3%), report that they are very satisfied, 51 people, or (43.6%), report that they are satisfied, 41 people, or (35%), report that they are neutral, 10 people, or (8.5%), report that they are not satisfied, and 2 people, or (1.7%), report that they are not at all satisfied. The average financial situation level is 2.47 and the standard deviation is 0.8.

### *Instruments*

Two types of tests will be used for our study, one is to measure parenting styles and the other to measure the child's self-esteem. The questionnaires used in the study are standardized, where to measure parenting styles we have the PAQ test which is a test created by John P. Burin in 1989. This test measures three parenting styles: authoritarian, permissive and authoritative (Psychologyroots,2023). The test consists of 30 statements, where 10 statements correspond to each parenting dimension. The statements shown are statements about the parent's behavior, the respondent is asked to evaluate each statement about their parents. The PAQ test has been widely used to show the impact of parenting styles on child development. Research has shown that the Authoritative parent is the most useful style, as it is a combination of the Authoritative and Permissive parent. Children who have authoritative parents tend to be more successful, have high self-esteem, etc. The PAQ is also used by clinicians to identify the type of parent and to make changes in the way parents should behave with their children. A therapist helps the parent understand the meaning of each parenting style and the impact they have on their children. The therapist should also help the parent develop more effective parenting skills. The PAQ can be administered in a group or individually. The questionnaire is given individually to the individual who completes the statements according to their opinion. After all 30 statements are surveyed, the points of each parenting style are seen. The higher their score, the more their parents' parenting style matches that parenting style. During the administration of this questionnaire, it is suggested to take into consideration: an environment that is as comfortable as possible for the person who will give the contribution. Considering that we want to collect the most truthful data possible, it is necessary for individuals to be in an environment where they are not frustrated and can freely give their opinion. Also, during data collection, the way in which the questionnaire is used and the ultimate goal must be explained to the individuals first. Before individuals complete the questionnaire, they must have information about what they are contributing to. Another criterion in the questionnaire is the fact that each statement must be completed in order to get the result we want in the end. So there are three types of dimensions of parenting styles: permissive, authoritarian and authoritative. Each of the styles has its own questions, where for the permissive style the statements

that correspond are: 1, 6, 10, 13, 14, 17, 19, 21, 24 and 28; Authoritarian parenting corresponds to statements: 2, 3, 7, 9, 12, 16, 18, 25, 26 and 29; Authoritarian parenting corresponds to statements: 4, 5, 8, 11, 15, 20, 22, 23, 27 and 30. This test has been found to be a reliable and accurate measure of parenting styles over time. Reliability refers to the consistency of a measure. A reliable measure will produce similar results when administered to the same people on different occasions. The PAQ has been shown to be reliable in a number of studies. For example, one study found that the PAQ had a test-retest reliability of 0.86, meaning that the scores of participants who completed the PAQ twice, two weeks apart, were highly correlated. Another study found that the PAQ had good internal consistency, meaning that the PAQ items are well correlated with each other. The Cronbach's alpha for the PAQ was found to be 0.87, which is considered to be good reliability. The Morris Rosenberg test was used to measure self-esteem.

The purpose of the 10-item RSE test is to measure the level of self-esteem of the individual. This test was originally designed to measure the self-esteem of children to adolescents, however, the scale used in the test also indicates the level of self-esteem of adults. Regarding the evaluation of the test, considering that it is a Guttman test, the decision can be a little complicated since we are dealing with a combined evaluation method. The answers with low self-esteem are "disagree" or "strongly disagree" for items 1, 3, 4, 7, 10 and "strongly agree" or "agree" for items 2, 5, 6, 8, 9. Two or three out of three correct answers for items 3, 7 and 9 are evaluated as one item. One or two out of two correct answers for items 4 and 5 are considered as a single item; items 1, 8 and 10 are evaluated as individual items; and combined correct responses (one or two out of two) to items 2 and 6 are considered to be a single item. The scale can also be assessed by summing the 4 individual item scores after rating the negatively worded items. The reliability of the RSE is the fact that it demonstrates a Guttman scale reproducibility coefficient of .92, indicating excellent internal consistency. Test-retest reliability over a 2-week period reveals correlations of .85 and .88, indicating excellent stability. The validity of this test is concurrent, predictive, and construct using known groups. The RSE correlates significantly with other self-report measures, including the Coopersmith Self-Esteem Inventory. Furthermore, the RSE correlates positively with measures of depression and anxiety. (American Psychological Association, 2006).

### *Data Collection Procedures*

To collect data for this study, research was first conducted to find standardized tests to measure parenting styles and self-esteem of individuals. The questionnaires were translated by professionals in the field of translation and then merged using Google Forms to be distributed via a link to the people who matched my study, who were individuals aged 18-45. The link was distributed in different forms to

achieve the collection of data necessary for the study. Each individual, through the link, completes the statements of the questionnaire that match the person.

### *Limitations*

One of the limitations that we may have for our study is that considering that the study is formed in google form and will be distributed to individuals via link and not directly, we may encounter problems of the type: not all are willing to cooperate or individuals may complete part of the questionnaire and interrupt the other part. Another limitation is the fact that the majority of the sample are women.

## **Chapter IV: Empirical Analysis**

### *Table 1. Descriptive data*

From the descriptive analysis performed, it results that for the parenting styles divided into three categories, we have the corresponding values. Where the permissive parenting style for the mother has a minimum value of 10 and a maximum of 40. Their mean is 28 and the standard deviation is 5.1. For the same parenting style, that is, permissive, the corresponding values for the father are a minimum of 10, a maximum of 44, where their mean is 28 and the standard deviation is 5.1. Regarding the authoritarian parenting style, the values obtained for the mother are the minimum corresponding to the value 10, the maximum to the value 43. Their mean is 27 and the standard deviation is 6.6. Regarding the authoritarian parenting style, for the father the minimum value is 10, the maximum is 46. Their average is 28 and the standard deviation is 7. In the third parenting style which coincides with the authoritative one where the values for the mother are the minimum is 10, the maximum value is 49. The calculated average for this parenting style is 35 and the standard deviation is 6.2. For the authoritarian parenting style but for the father the calculated values are the minimum 10, the maximum value 49. Their average is calculated to be 34 and the standard deviation 6.8. In the table above the average and standard deviation of the parenting styles are identified. The data extracted from SPSS show that the authoritative parenting style has the highest average. From the results, the highest authoritative style is in the mother with 35% and the father with 34%, a difference between each other but still shows a higher average than the other parenting styles. Then there is the tolerant parenting style where again the mother results in a more tolerant difference than the father, exactly 28.9% for the mother and 28.6% for the father. At the lowest level is the authoritarian parent, where it is seen that children do not tend to see their parents as authoritarian. However, according to the given

result, it is seen that in this specific case the father is more authoritarian than the mother, where exactly we have 28% for the authoritarian father and 27% for the authoritarian mother. Regarding the standard deviation for the tolerant mother it is 5.1; for the tolerant father it is 5.4. For the authoritarian parent, where the mother has a standard deviation of 6.6 and the father 7.02. The standard deviation for the authoritative mother is 6.6 and for the authoritative father it is 6.8. Regarding self-esteem, the mean of the sample of this study is 27.6207 and the standard deviation is 2.63714.

Descriptive data					
	N	Minimum	Maximum	Average	Standard deviation
Mother permissive dimension	116	10.00	40.00	28.9569	5.12520
Father's permissive dimension	116	10.00	44.00	28.6638	5.47555
Mother authoritarian dimension	116	10.00	43.00	27.5431	6.63507
Father authoritarian dimension	116	10.00	46.00	28.1552	7.02121
Mother authoritative dimension	116	10.00	49.00	35.0517	6.68918
Father authoritative dimension	116	10.00	49.00	34.5000	6.80473
Valid N (listwise)	116				

**4.2 TABLE 2.** Correlation between self-esteem and individual demographic data.

Correlational relationship							
		Self-esteem	@1Age	@2Gender	@3Number of children	@4Educational level	@5 Financial situation
Self-esteem	Pearson Correlation	1	-.198*	-.242**	.010	-.161	-.025
	Sig. (2-tailed)		.033	.009	.916	.085	.786
	N	116	116	116	116	116	116
@1Age	Pearson Correlation	-.198*	1	-.035	-.147	.240**	.138
	Sig. (2-tailed)	.033		.713	.116	.009	.140
	N	116	116	116	116	116	116
@2Gender	Pearson Correlation	-.242**	-.035	1	.105	-.008	.027
	Sig. (2-tailed)	.009	.713		.262	.929	.776
	N	116	116	116	116	116	116
@3Number of children	Pearson Correlation	.010	-.147	.105	1	-.265**	-.111
	Sig. (2-tailed)	.916	.116	.262		.004	.237
	N	116	116	116	116	116	116

@4 Educational level	Pearson Correlation	-.161	.240**	-.008	-.265**	1	.007
	Sig. (2-tailed)	.085	.009	.929	.004		.944
	N	116	116	116	116	116	116
@5 Financial situation	Pearson Correlation	-.025	.138	.027	-.111	.007	1
	Sig. (2-tailed)	.786	.140	.776	.237	.944	
	N	116	116	116	116	116	116

Në këtë studim nga analiza e bërë për niveli e vetvlerësimit dhe lidhjen e mundshme korrelacionale me të dhënat demografike rezulton se vetvlerësimi dhe mosha kanë një lidhje negative ku  $R = -0,198$  dhe  $P < 0.033$ . Pra kjo tregon se me rritjen e moshën ulet vetvlerësimi dhe anasjelltas. Në këtë studim nga analiza e bërë për niveli e vetvlerësimit dhe lidhjen korrelacionale me të dhënat demografike rezulton se vetvlerësimi dhe gjinia kanë një lidhje negative ku  $R = -0,242$  dhe  $P < 0.009$ . Pra kjo tregon se femrat kanë vetvlerësim më të lartë se meshkujt.

**4.3 TABLE 3:** Correlational relationship between self-esteem and the permissive dimension of mother and father.

Correlational relationship				
		Self-esteem	Mother permissive dimension	Father permissive dimension
Self-esteem	Pearson Correlation	1	-.321**	-.263**
	Sig. (2-tailed)		.000	.004
	N	116	116	116
Mother permissive dimension	Pearson Correlation	-.321**	1	.902**
	Sig. (2-tailed)	.000		.000
	N	116	116	116
Father permissive dimension	Pearson Correlation	-.263**	.902**	1
	Sig. (2-tailed)	.004	.000	
	N	116	116	116

In this study, we note from the above table which was calculated by the SPSS program that there is a correlation between self-esteem and the permissive dimension of the mother's parenting style. This is a negative relationship, where  $R = -0.321$  and  $P < 0.001$ . This shows that the more permissive the mother is, the lower the self-esteem in the children. We also see a relationship between self-esteem and the father's permissive parenting style, with values respectively  $R = -0.263$  and  $P < 0.004$ . This shows the same relationship with the mother's calculation. So the more permissive the father is, the lower the self-esteem of the children.

**4.4 TABLE 4:** Correlational relationship between self-esteem and the authoritarian dimension of mother and father.

Correlational relationship				
		Self-esteem	Mother authoritarian dimension	Father authoritarian dimension
Self-esteem	Pearson Correlation	1	-.066	-.056
	Sig. (2-tailed)		.479	.554
	N	116	116	116
Mother authoritarian dimension	Pearson Correlation	-.066	1	.910**
	Sig. (2-tailed)	.479		.000
	N	116	116	116
Father authoritarian dimension	Pearson Correlation	-.056	.910**	1
	Sig. (2-tailed)	.554	.000	
	N	116	116	116

In this study, we want to see if there is a relationship first between self-esteem and parenting styles and then the type of relationship. From the data extracted from the table which was calculated with the SPSS program, it results that the authoritarian parenting style of mom and dad has no correlation with self-esteem.

**4.5 TABLE 5:** Correlation between self-esteem and the authoritative dimension of mother and father.

Correlation relationship				
		Self-esteem	Mother authoritative dimension	Father authoritative dimension
Self-esteem	Pearson Correlation	1	.179*	.145
	Sig. (2-tailed)		.050	.119
	N	116	116	116
Mother authoritative dimension	Pearson Correlation	.179*	1	.893**
	Sig. (2-tailed)	.050		.000
	N	116	116	116
Father authoritative dimension	Pearson Correlation	.145	.893**	1
	Sig. (2-tailed)	.119	.000	
	N	116	116	116

In this study, the relationship between parenting styles and self-esteem should be shown. From the table shown above, which was calculated by the SPSS program, it was found that there is a borderline significant relationship between the mother's authoritative parenting style and self-esteem,  $R = .179$  and  $P < 0.50$ .

## Conclusions

In conclusion, we can say that this paper, which aimed to study the relationship between self-esteem and dimensions of parenting styles, has produced these results in relation to the hypotheses.

### *Hypothesis 1*

The parenting styles of the mother and father are related to the self-esteem of children. This hypothesis, according to the data extracted from the analysis made with the SPSS program, is partially confirmed. Based on the studies conducted according to Michele Burch Reid (2017), the family is the main factor that creates the self-esteem of the individual. Parents influence their ways of spreading beliefs to children, on their self-esteem. But in the study conducted in the Albanian context, out of the three dimensions of parenting styles, the permissive and authoritative dimension have a correlational and significant relationship with the self-esteem of children. The authoritative dimension has not shown a correlational relationship with the self-esteem of children.

### *Hypothesis 2*

The links between parenting styles and self-esteem differ based on the gender of the parent (mother or father).

Based on the data of the analysis, which show gender differences in parents and the ways in which they raise their children, this hypothesis is partially confirmed, since in the Albanian context only the authoritative dimension of the mother has shown a borderline significant relationship with self-esteem. Based on a study conducted, it results that Albanian women rank first in Europe for taking care of their children. In the “Quality of Life Survey” conducted by the European Commission, 84% of Albanian women responded that they took care of their children. While another 15% took care of them with the help of their spouse (Koha, 2022). Albanian mothers take more care of their children, while fathers focus more on the fact that they need to take care of the financial aspects, in order to be able to meet all the conditions for their children.

A study by Hillary Paul Halpern and Maureen Perry-Jenkins (2015) concluded that the gender role of fathers was more directed towards sons than towards daughters. Traditional fathers had their own cultural beliefs about how to raise their children. Fathers had a greater connection with sons than with daughters. They raised sons based on their own ideals. Here we can also say that different

cultures have an influence. Many cultures raise their sons as a typical example of a father while daughters as an example of their mother. The communication that fathers have with their sons is different from that of daughters. They try to raise them with the idea of being independent. Mothers on the other hand do not make a division between children. They have the same way of treating children. The rules they set are the same for their children, regardless of the gender of the children. Although the relationship with the girl may be different from the boys, since within the gender they have the same ideals, they choose to raise their children in the same way. Generally, mothers are the ones who devote more time to their children, since fathers are more focused on material goods. As a result, mothers, considering that they spend more time with their children, the methods they use are the same. If the boy is punished, the same will be for the girl if we are dealing with making a mistake. The opposite if we are dealing with a good action is the reward.

### *Subhypothesis 1*

The authoritative and permissive dimensions of parenting style are associated with high self-esteem in children.

The permissive dimension of mother and father parenting styles increases the self-esteem of the individual is not confirmed. This is because the results of the sample of this study show a negative correlation between them. This means that the more permissive the parents are, the lower the self-esteem. Being a sample that has reported that parents have mainly an authoritative style (the highest average of all dimensions), the difference is made only in the increase of the permissive dimension. So those children who have parents who use mainly an authoritative style but also show tendencies to use a permissive style, have children with lower self-esteem. It can be assumed that the low level of control, characteristic of the permissive style, can transmit a negative message: “you don’t control me, I don’t care about you”, which is inconsistent (applies in some cases but not others). To support this correlation, several international studies come to our aid, which show that if parents are too permissive with their children, then the children will have lower self-esteem (Bay area CBT Center, 2023). Another reason is the fact that parents focus on their work and career, to grow personally and professionally and leave aside the responsibilities they have towards their family. According to Stewart D. Friedman (2018), according to research, a negative impact on children’s mental health is shown by the fact that parents devote more time to their work. In a study conducted by Rakel Guðjónsdóttir (2023), she emphasizes that a child raised with permissive parents has a lower level of self-esteem and this is due to the lack of discipline and an authoritarian figure. All these studies support the result of this paper, which shows that the permissive dimension of parenting styles affects the

reduction of the child's self-esteem and as a result, the sub-hypothesis has not been proven. Regarding the authoritative dimension of parenting styles, from the descriptive data, the authoritative dimension had the highest average. This shows that our sample has an authoritative dimension of parenting styles, which also based on many studies shows that the best way to raise children is by striking a balance between authority and permissiveness. According to Katherine Lee (2020) who has written about the Authoritative dimension of parenting styles. She says that this dimension is appropriate for treating children. For this paper, during the analysis carried out, a significant relationship was found between the authoritative dimension of the mother and self-esteem. As a result, the sub-hypothesis for the authoritative dimension was confirmed. Authoritative mothering is associated with increased self-esteem of individuals. This also shows the gender difference between mother and father. Based on a study, it results that Albanian women rank first in Europe for caring for their children. In the "Quality of Life Survey" conducted by the European Commission, 84% of Albanian women responded that they took care of their children. While another 15% took care of them with the help of their husband (Koha, 2022). Albanian mothers take more care of their children, while fathers focus more on the fact that they need to take care of the financial aspects, so that they can meet all the conditions for their children.

### *Subhypothesis 2*

The authoritarian dimension of parenting style is associated with low self-esteem in children. This subhypothesis is not confirmed since in this study from the data extracted from the results of the SPSS program we see that there is no connection between these two correlations. This may be due to the fact that children do not see their parents today as authoritarian. They do not want to accept the fact that they have to build their lives with strict rules. In a study conducted in the Albanian context by Brunilda Laboviti (2015), it is shown that Albanian children are not supporters of the authoritarian dimension of parenting styles. This is because they are deprived of many rights. Most Albanian children do not experiment much with their lives because of the authoritarian families they have. This means that this dimension of parenting is not preferred for them. This is also shown by the descriptive data where the authoritarian dimension has the lowest average. This explanation is also supported by the fact that the authoritarian parenting style, on the contrary, has no negative effect in the context of authoritative parenting; the correlation was not statistically significant. Therefore, excessive control in this dimension is moderated by the emotional connection with the parent characteristic of the authoritative style, which is dominant in the study sample. However, this explanation remains at a hypothetical level and further studies should be carried out to verify whether the level of perceived control is in fact the factor that makes the difference.

## Implications

*What can parents, teachers, psychologists, and educational politics learn?*

As the results of the study show, the style with the highest percentage chosen by the participants is the authoritative one. This style is recommended to be used more by parents as it has all the components to be the right one. The authoritative style teaches children how to grow up healthy with rules, love and care. It is a combination of the permissive and the authoritarian parent, where essential elements are taken to raise children in the right way. This style helps not only parents but also teachers at school. They learn how to treat students in the right way by teaching them how to behave with themselves and others. not to be arrogant and individualistic but to be careful and smart. They learn how to increase their self-esteem when they feel incapable of doing a certain task. By speaking to them in the right way, the child becomes stronger and feels more capable of facing the difficulty and resolving it. Why are parenting styles important in psychology? The parent-child interaction and the transmission of family rules and values, as well as parents support and guidance, can positively impact children's ability of social adaption, a suitable parenting style could nurture children's self-esteem, confidence, and social ability.

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