

Psychological Influence of Parenting Styles on Teenage Girls Self Esteem In Rondah Informal Settlement in Nakuru Town, Kenya

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Abstract: The aim of the study was to analyze psychological influence of parenting styles on teenage girl's self-esteem in Rondah Informal Settlement in Nakuru, Town. The specific objectives of the study were; Explore different parenting styles used by parents in Rondah Informal Settlement; Find out how different parenting styles influence self-esteem of teenage girls in Rondah Informal Settlement; Elucidate how teenage girls cope with parenting styles in Rondah Informal Settlement; Suggest ways in which counseling can help teenage girls gain self-esteem in Rondah Informal Settlement. The study adopted descriptive survey design with the 400 parents as target population taking 160 parents as the sample size. The study used descriptive data analysis technique and established the relationship between parenting style and teenagers self-esteem using Pearson Correlation. The study established that authoritarian parenting style was related to teenager's self-esteem whereas on the other hand, authoritative, permissive and uninvolved parenting styles were not related at with teenagers' self-esteem in Rondah Informal Settlement. The study recommended that; Adolescents should be given motivation techniques to help them see the advantages of cooperating with parents, especially the male adolescent for better autonomy and self-esteem development. The society or learning institutions should establish programs where program administration should be youth based, so that the motivation, direction and goals come from the youths/ adolescents.

Keywords: Parenting Styles, Self Esteem, Gender Socialization, Psychology of Socializing Children.

INTRODUCTION

Background

Parenting play an important role in developing teenager's self-esteem and are considered an important determinant in several aspects of the teenagers' later lives outcome including how they view themselves. A parent is a caregiver of the offspring in their own species. In humans, a parent is the caregiver of a child (where 'child' refers to offspring, not necessarily age). According Nancy and Laurance [1], Parenting is a process of actively providing a safe, secure, nurturing environment for your children. Parenting children across different developmental stages requires unique knowledge, attitude and skills. There are various theories and opinions on the best ways to rear children as well as differing levels of time and effort that parents are willing to invest. A parenting style is a psychological construct representing standard strategies that parents use in their child rearing. The quality of parenting can be more essential than the quantity of time spend with the child. Generally, parenting styles are the representation of how parents respond and demand to their children as the children go through different stages in life.

Teenage Self Esteem

The concept of self-esteem was constructed by William James [2], a western psychologists and sociologists socially within the last century. The role played by self-esteem in defining human nature can be found in most theories of personality, e.g., Adler, 1958; Maslow, 1968; Rogers, 1951; as cited by Santrock [3]. Self-esteem is the sum of attitudes which depend on perceptions, thoughts, evaluations, feelings and behavioral tendencies aimed toward ourselves, the way we are and behave, and our body's and character's features. The biggest influence on self-esteem is parenting, acceptance, and control. In other words, it's one self's evaluative perception. Young children have relatively high self-esteem, which gradually declines over the course of childhood. As children develop cognitively, they begin to base their self-evaluations on external feedback and social comparisons. As they grow older, they form a more balanced and accurate appraisal of their academic competence, social skills, attractiveness, and other personal characteristics. Self-esteem continues to decline during adolescence which has been attributed to the adolescent body image and other problems associated with puberty. Adolescence is the critical period for the development of self-esteem and self-identity, and low self-esteem may endanger

adolescents' emotional regulation [4]. Eric Erickson as cited by Robins *et al.* [5] described adolescence as a critical stage in the lives of individuals, in which one consolidates their values and identity and they conquer autonomy, achievements that frequently lead to psychological and relational tensions and the risk of problematic or maladaptive behaviors.

Statement of the Problem

In the recent past, teenagers and more specifically girls have been involved in activities that are considered unacceptable to both the society and parents in specific. This has positioned parents and caregivers on collision paths with their teenage girls. Despite the fact that parents and caregivers have made attempts to engage their girls in an attempt to ensure that they grow up responsibly, there is need for more responsive and proactive model of parenting. It is against this backdrop of continued unexpected outcomes that this research seeks to evaluate the effects of parenting styles on the esteem of girls. It is expected that the findings from this research study will go a long way in helping the parents and caregivers develop proper understanding of effective parenting styles through appropriate counseling initiatives. However none of these studies has been done in informal settlement in Kenya.

The study will explore the following objectives in order to understand psychological influence of parenting styles on teenage girls self-esteem in Rondah Informal Settlement in Nakuru, Town; Exploration of different parenting styles used by parents in Rondah Informal Settlement; Find out difference in parenting styles influence and self-esteem of teenage girls in Rondah Informal Settlement; Elucidate how teenage girls cope with parenting styles in Rondah Informal Settlement; Suggest ways in which counseling can help teenage girls gain self-esteem in Rondah Informal Settlement.

LITERATURE

Theoretical Framework

Concepts in Self Esteem

A result of this growing complexity of self, children start to view themselves as more or less capable within different domains of accomplishment (e.g. academic, social, athletic, appearance, etc.). Their self-esteem (reflecting their feelings of personal worthiness) also starts to vary across these domains, with the result that children may see themselves as very capable in some areas but not in others [6].

The relationship with one's parents is posted as particularly important to self-esteem with several empirical studies indicating that parental support, encouragement, and affection to be positively related to the child's self-esteem. The quality of the parent-child relationship during early childhood affects children's social relationships and behavioral adjustment during

middle childhood and adolescence [7]. While some parenting styles produce positive outcomes which may include close parent-child relationships, greater self-esteem, and more autonomy, permissive parenting style often fosters serious problems in adolescence such as drug use and deviant behavior. Self-esteem is one of the most well researched constructs in psychological science. Research of self-esteem in adolescence and adults has shown the importance of unstable self-esteem in terms of social-emotional functioning. Unstable self-esteem is negatively viewed and Oosterwegel *et al.* [8], in their research argued that an unstable self-esteem is an important predictor for internalizing and externalizing problems. Furthermore, they also found that self-esteem variability interacts with self-esteem in the prediction of depression. Self-esteem was most predictive of depression for persons high in self-esteem variability. According to them it seems reasonable to conclude from these and earlier findings that individuals may be vulnerable to depressive tendencies as a result of high variability in, and low levels of, self-esteem [8]. Substance use has negative physical effects which have been identified as psychological and emotional and are equally as devastating. One of the areas that is universally damaged is a person's view of oneself, their self-esteem. Self-esteem virtually never rises when drug use is induced; it almost always sinks lower and lower.

Self-esteem is seen as a household word in the western world and parenting is considered to be an important determinant of several aspects of children's outcome [9]. Several environmental measures have been associated with low self-esteem including lower social support [10-13], low socioeconomic status [14], negative parenting [15, 16], maltreatment [17] and stressful life events [18, 19]. Trzesniewski *et al.* [20] found that low self-esteem during adolescence predicts poorer mental and physical health, worse economic well-being, and higher levels of criminal activity in young adulthood. Similarly, other studies found that low self-esteem prospectively predicts antisocial behavior, eating disturbances, depression, and suicidal ideation [6, 21, 22]. Research findings thus suggest that the development of self-esteem which is defined as "a person's appraisal of his or her value" [13] may have significant consequences for life outcomes. However, the etiology of self-esteem, whether biological or environmental, and the contributory role of self-esteem in psychological and behavioral health has not been firmly established [23].

Parenting Styles

Mize & Pettit [24], described parenting styles as the collection of parents' behaviors that creates an atmosphere of parent-child interactions across situations. It is a psychological construct representing standard strategies that parents use in their child rearing. Parenting is considered to be an important determinant of several aspects of children's outcome

[9]. During adolescence, the transition from childhood to adulthood, children become more independent, and begin to look at the future in terms of career, relationships, families, housing, etc. During this period, they explore possibilities and begin to form their own identity based upon the outcome of their explorations.

Parenting styles have been a major topic of study for the later part of the twentieth century. Parenting styles are emotional climate in which parents raise their children. Parenting style refers to the emotional climate between parents and children. It involves two important elements of parenting; parental responsiveness and parental demanding too much [25]. Parental responsiveness refers to the extent to which parents intentionally nurture individuality, self-regulation and self-assertion by being adjusted, supportive and accepting to children's special needs and demands. Parental demanding refers to the claims parents make on their children to become integrated into the family wholly, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys [26].

In traditional African society, children belonged to the community and were well taken care of by their parents, grandparents and extended family members. Everyone ensured that children were disciplined, well behaved and played their roles [23]. Parents were able to monitor school work of their children carefully and actively participated in Parents-Teachers Associations purposely to monitor their children's progress. Report cards were valued and trusted in the home as an accurate reflection of academic achievement. Furthermore, parents were able to keep in touch with the school, and to monitor success or lack thereof. When children came home from school, homework was completed and other school assignments or works were done [27].

In Kenya today, family value systems have changed. There is overemphasis on nuclear family as opposed to the traditional extended family. Changes in socioeconomic conditions and customs have affected child rearing. Employed and working parents move from rural to urban centres with their children and therefore, members of the extended family no longer play their role in shaping children's behaviour. In some cases, young people opt for single parenting by choice because of careers; hence do not get married. While others opt for divorce or separation [23, 3].

Authoritarian Parents

Authoritarian parenting style can be very rigid and strict. It is mostly patriarchal in nature and everything is often decided by the parent. Parents who use this style have a strict set of rules and expectations; if rules are not followed it ends up with punishment [28]. In authoritarian parenting style, there is usually no explanation of giving the punishment just that the

children are in trouble and should listen accordingly [28]. This parenting style and parents who use a more authoritarian approach with power assertion and the involvement of physical punishment with little emotions of comfort and affection are more likely to produce a child with deviant tendencies [29]. According to Fletcher *et al.* [28], this style is subject to producing children that can internalize and externalize undesired behaviors' as well as developing problems in social situations. Also the punishment aspect of this parenting style also contributed to problems in school for the youth, their behaviors' were often deemed undesirable Fletcher *et al.* [28]. This contributed to the youth conducting themselves in a deviant manner in the school as well as toward other children [28]. A research conducted using Asian-American sample illustrates that authoritarian parenting appears to be associated with positive development rather than pathology in adolescent if the social setting of family and community respond favorably in concert with this parenting style [30].

Authoritative Parents

The authoritative style consists of following the same rules as the authoritarian parents, but there is more open communication with parents and children in the authoritative style [31]. They listen more to the child and how they are [16]. When children have problems with rules and they are broken these parents tend to be more receptive [29]. They contend that these parents monitor instead of trying to rule the child's life; they are less restrictive but still assertive. Developmental researches have demonstrated that authoritative parenting predicts many positive outcomes for children and adolescents when compared with authoritarian, indulgent and uninvolved parenting [32].

Permissive Parents

Permissive parenting style is often the style parents try to stay away from as there is not much structure for children. Parents often do not set rules or have guidelines for the child [31]. The permissive parent does not have many expectations for their children and avoid conflict. However, Brown & Lyengar contend that they are more nurturing to the child as they are more lenient and often do not punish the children for wrongdoing. Children under this parenting style have a hard time communicating with parents about things they found important to them [33]. Children with less communication with parents tended to have more negative behaviors at school than those who have had some open communication with their parents [33]. The quality of the parent-child relationship during early childhood affects children's social relationships and behavioral adjustment during middle childhood and adolescence [7]. While some parenting styles produce positive outcomes which may include close parent-child relationships, greater self-esteem, and more autonomy [34], permissive parenting style often

fosters serious problems in adolescence such as drug use and deviant behavior [26, 25].

Uninvolved Parents

Uninvolved parenting style, parents are often absent emotionally and sometimes even physically [16]. They have no expectations of the child and regularly do not have communication or a nurturing feature to them. They provide everything the child needs for survival with little to no engagement [16]. They are not interested in their schooling other than making sure they go and they are not interested in extracurricular activities they may be involved in. There is often a large gap between parents and children with this parenting style. Children with little or no communication with parents tended to more often be the victims of other children's deviant behavior and involved in some deviance themselves [33]. According to Drotar [38], uninvolved parenting styles have received far less attention than any other parenting styles probably because omissions of proper caretaking behaviors' are more difficult to describe and detect. However, Hilson & Kuiper [39], argued that neglectful caregivers engage in varying degrees of behaviors' disengagement and in most instances parental characteristics (e.g. Depression) and life styles choices (e.g. Substance use).

Lareau [40] argues that although race may be a significant contributing factor, social class, wealth, and income have the strongest impact on what methods of child rearing are used by parents. She further posits that lack of money was found to be the defining factor in the style of child rearing that was chosen, and minorities were more likely to have less wealth or assets available for use in their children's upbringing. Lamont [41], in her study also found that societal values and norms of a generation had an effect on the choice of parenting style. In the United States, authoritarian parenting was the most popular until the 1960s when a backlash made permissive parenting the most popular in the 1970s, which suggests that as times change, so do the way parents parent their children.

Psychological Influence of Parenting Styles on Teenage Self Esteem

Another study done in Brazil [29] explored the relationship between parenting styles and self-esteem among adolescents and revealed that indulgent families scored equal or higher in self-esteem as those from authoritative families. Those from indulgent families scored higher than adolescents from authoritarian and neglectful families in four self-esteem dimensions (academic, social, family and physical). Those adolescents from authoritative families scored higher than those from authoritarian and neglectful families in three self-esteem dimensions (academic, social and family) these findings led the researcher to conclude that authoritarian parenting is not associated with optimum self-esteem in Brazil. Research conducted in Western societies has reported that warm, loving and

caring parenting practices in childhood contributed to the development of healthy self-esteem in children and therefore increased their psychological well-being as young adults [42].

Parenting continues to exist as the most demanding and taxing yet satisfying, pleasing and valuable experience which proves to be rewarding in its own perplexing ways. 'Parenting style' is a term that emphasizes on the parental actions and reactions towards their child which involves beliefs they carry, expectations they have and show values and beliefs on how actually parents help, support, take care of the child and how they punish the child. There are four main styles of parenting given by child development professionals globally: Authoritative, authoritarian, permissive and neglectful parenting. Self-Esteem is one's sense of self and self-evaluation. Baumrind has documented specific association and relationship that exists between styles of parenting and self-esteem.

Deshpande and Chhabriya [36] did a research on parenting styles and its effect on adolescents' self-esteem for which they focused on adolescent teenagers and conveyed through their research that due to generation gap between parents and their adolescents and inability of parents to understand their adolescents, conflicts arise. Their findings included that adolescents who perceive acceptance attitude in their parents have a higher self-esteem than the adolescents who perceive avoidance and concentration attitude in their parents, parental acceptance or support is positively related to adolescents' self-esteem. And that mild punishment from parents can result in high self-esteem in adolescents' as they view their parents as their care taker and sometimes protector.

Driscoll [37] , studied the link between self-esteem and parenting styles at four stages of life with four different age points .The results showed that self-esteem was lowest during 14 years of age for the children in general, reason being it's the stage when they experience tough times in the sense that there are various changes that they have to deal with ranging from their body to the relationships they have with their friends and family and most common type of parenting changes to permissive parenting during 18-23 years of age, in general. Children from authoritative families had higher self-esteem at all four age points as compared to children from authoritarian families. Even permissive parenting was found to result in higher self-esteem levels in comparison to authoritarian parenting.

MacDonald, Steger and Adams from University of British Columbia did a study on Child rearing-behaviors and Adolescent Self-esteem - An examination of reciprocal effects. In this study the influence of perceived parental support and control on adolescents' self-esteem was examined. Their result showed a reciprocal relationship between perceived

parental behavior and adolescent’s self-esteem, a positive association between parental support and adolescent self-esteem and a negative association between parental control and their adolescent self-esteem was found.

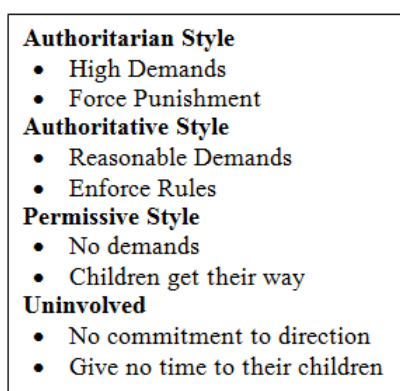
Fletcher, Steinberg and Sellers [28], studied how the well-being of adolescents is connected to the Inter-parental Consistency perceived by the adolescents. The comparison was made between adolescents from families where inter-parental consistency was existent with adolescents who were from homes where inter-parental consistency was absent. It was found that adolescents who had parents who exercise consistent inter-parenting but authoritarian or non-authoritative

parenting were lower in their academic achievements as compared to those who had single authoritative parent. Also, adolescents having one authoritative and one authoritarian parent were having higher internalized distress in comparison to those who had consistent parental practices.

Conceptual framework
Conceptual Framework

Conceptual framework is a diagrammatic presentation of relationship between cause and effect in which in this study parenting styles are the cause and teenagers self-esteem is the effect as illustrated in figure 2

Independent Variables



Dependent Variable

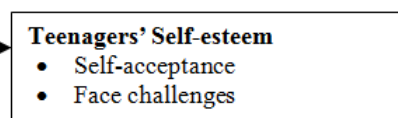


Fig-1: Effect of parental styles on teenagers self esteem

Source: (Researcher, 2018)

The independent variables were the parenting styles; authoritarian, authoritative, permissive and uninvolved styles. The dependent variable teenager’s self-esteem measured in terms of self-acceptance and facing challenges. The study hypothesized that when parents use appropriate parenting style then the teenagers self-esteem will improve and vice versa.

METHODS

Study design, population and sample selection

The research design that the study adopted was descriptive survey design. This is because descriptive survey design provides information about naturally occurring characteristics of a particular group.

The target population of the study was the 400 parents within household in Rondah informal resettlement in Nakuru Town, Kenya. According to Mugenda & Mugenda [35] a sample size of between 10% and 30 % is a good representation of the target population while according to Dooley [3], a sample size of between 10% and 40% is considered adequate for detailed or in-depth studies hence the 41% of the target population was adequate for analysis. 40% of 400 parents in the study gave 160 parents who formed the sample size for the study. The study employed simple

random sampling technique to randomly pick the 160 samples of the AK officials across the Country.

Study Instruments

The study used close ended questionnaires based on Likert Scale as the main mode of data collection. The use of questionnaires was justified because they assured an effective way of collecting information from a population in a short period of time and at a reduced cost.

DATA ANALYSIS

Descriptive and inferential statistics was used to analyze quantitative data after appropriate data coding. Descriptive statistics describe patterns and general trends in a data set. Descriptive statistics was used to examine or explore one variable at a time. Descriptive statistics to used included frequencies, percentages and mean. Inferential statistics was used to test the associations and relationships between the independent variable (parenting style) and the dependent variable (teenager girl’s self-esteem) in Rondah Informal Settlement. The relationship between level of the independent and dependent variables was measured using Pearson Correlation. This informed whether the independent variables significantly matters

in teenager’s self-esteem. Data was analyzed using SPSS software.

RESULTS

Parenting Styles in Rondah Informal Settlement.

Table-1: Parents Authoritarian Leadership Style

Authoritarian Style	SD (%)	D (%)	A (%)	SA (%)
High demand on teenagers	11	5	45	39
push my teenagers obedience	5	3	57	35
Take decisions on behalf of teenagers	13	5	43	39
Resort to force and punishment	5	7	46	42
Offer little emotional support	7	6	47	40
Cannot allow teenagers express feelings	9	5	51	35

Source: Field Data (2018)

Table 1 was used to present the results of the analysis of the parents’ authoritarian parenting style. The study established that majority of the respondents 84% agreed that they had high demands on their teenagers compared 16% who did not have such demands. Majority 92% agreed that they pushed their teenagers to obedience compared to 8% who disagreed. Majority of respondents 82% agreed that they took decisions on behalf of their teenagers compared to 18% who did not. Further findings indicated that majority of respondents 88% agreed that they resorted to punishment and used force on their teenagers compared to 12% who did not. Concerning emotional support, the study established that majority of respondents 87% offered very little or no emotional support to their teenagers compared to 13% who did so. Majority of

respondents 86% agreed that they could not allow teenagers to express their feelings compared to 14% who allowed them.

These findings showed that parents in Rondah Informal Settlement practiced authoritarian parenting style evident by; majority of the respondents had high demands on their teenagers, they also pushed their teenagers to obedience, they took decisions on behalf of their teenagers, they resorted to punishment and used force on their teenagers, they offered very little or no emotional support to their teenagers and that they could not allow teenagers to express their feelings freely. These elements of authoritarian parenting style definitely affect teenager’s self-esteem which is the main objective that the study was set to explore.

Table-2: Authoritative Parenting Style

Authoritative Style	SD (%)	D (%)	N (%)	A (%)	SA (%)
express warmth and affection to teenagers	45	31	0	16	8
Make reasonable demand	47	42	0	8	3
Set limits and demand obedience	49	32	0	5	14
Involve teenagers in decision making	43	36	0	15	6
Rational and democratic	47	33	0	11	15
Engage teenagers	42	36	0	13	9

Source: Field Data (2018)

Table 2 was used to present the analysis of authoritative parenting style by parents in Rondah Informal Settlement. Majority of respondents 76% disagreed that they express warmth and affection towards their teenagers compared to 24% who did so. Majority of respondents 89% disagreed that they made reasonable demands on their teenagers compared to 11% who made such demands. Majority 81% disagreed that they set limits and demanded obedience from their teenagers compared to 19% who set such limits. Concerning involvement in decision making, majority of respondents 79% agreed that they involved their teenagers in decision making compared to 21% who disagreed. Majority of Parents 80% disagreed that they were rational and democratic towards their teenagers

compared to 20% who disagreed. Lastly, majority 78% disagreed that they engaged their teenagers compared to 22% who did not.

These findings showed that parents in Rondah Informal Settlement did not practice authoritative parenting style evident by; Majority of respondents disagreeing that they express warmth and affection towards their teenagers, the parents made reasonable demands on their teenagers, they set limits and demanded obedience from their teenagers, they involved their teenagers in decision making, they were rational and democratic towards their teenagers, that they engaged their teenagers.

Table-3: Permissive Parenting Style

Permissive Style	SD (%)	D (%)	N (%)	A (%)	SA (%)
Accept whatever my teenagers do	45	31	0	16	8
Cannot impose demands on teenagers	47	42	0	8	3
No control on teenagers	49	32	0	5	14
Allow my teenagers free to make decision	43	36	0	15	6
Teenager eat and sleep at any time	41	33	0	11	15
Teenagers do not follow a given routine	42	36	0	13	9

Source: Field Data (2018)

Table 6 was used to present the analysis of permissive parenting style by parents in Rondah Informal Settlement. Majority of respondents 76% disagreed that accepted everything their teenagers did compare to 24% who did so. Majority of respondents 89% disagreed that they could not impose demands on teenagers compared to 11% who made such demands. Majority 81% disagreed that they did not have control over their teenagers compared to 19% who set such limits. Concerning involvement in decision making, majority of respondents 79% disagreed that they allowed their teenagers free to make decision compared to 21% who disagreed. Majority of Parents 80% disagreed that their teenagers ate and slept at any time

compared to 20% who disagreed. Lastly, majority 78% disagreed that their teenagers did not follow a given routine compared to 22% who did not.

These findings indicated that parents in Rondah Informal Settlement did not practice permissive parenting style evident by; Them not accepting everything their teenagers did, they could not impose demands on teenagers, did not have control over their teenagers, they did not allow their teenagers free to make decision, that their teenagers did not eat and sleep at any time and that their teenagers did not follow a given routine.

Table-4: Uninvolved Parenting Style

Uninvolved Style	SD (%)	D (%)	N (%)	A (%)	SA (%)
Teenagers undemanding and un responsive	40	28	0	18	14
Teenager show little commitment to care	52	35	0	10	3
Teenagers have little time	41	45	0	5	9
Teenagers can do what they can	43	36	0	15	6
Teenagers do not respond to my demands	48	37	0	5	10
Relationship with teenagers is low warmth and control	46	38	0	8	8

Source: Field Data (2018)

Table 4 was used to analyze uninvolved parenting style among parents in Kibiko Location. Majority of respondents 68% disagreed that their teenagers were undemanding and un-responsive compared to 32% who agreed. Majority 87% disagreed that their teenagers showed little commitment towards care compared to 13% who agreed. Majority of respondents 86% disagreed that their teenagers can do what they choose without parental approval compared to 14% who agreed. Majority of respondents 79% disagreed that their teenagers do not respond to my demands compared to 21% who agreed. Lastly, concerning relationship, majority of respondents 84% disagreed that they had low warm and controlled relationship with their teenagers compared to 16% who agreed.

These findings indicated that parents in Rondah Informal Settlement did not practice permissive parenting style evident by; parents' disagreement on teenagers being undemanding and unresponsive, teenagers showed little commitment towards care, teenagers can do what they choose without parental approval, teenagers do not respond to their demands and that parents disagreed that they had low warm and controlled relationship with their teenagers.

Teenagers Level of Self Esteem

This section presents the study's findings on the teenagers' level of self-esteem based on the parenting styles they experienced in their families based on the respondents' view.

Table-5: Teenagers Level of Self Esteem

Self Esteem	SD (%)	D (%)	N (%)	A (%)	SA (%)
My teenagers are self-reliant	46	36	0	15	3
Teenagers find it easy to socialize	49	36	0	8	7
Teenagers are open to criticism	44	42	0	5	9
My teenagers manage peer pressure	32	41	0	11	16
Teenagers do not depend on approval	47	32	0	18	3

Source: Field Data (2018)

Table 5 was used to analyze elements of the teenagers' level of self-esteem. The study established that majority of the respondents 82% disagreed their teenagers were self-reliant compared to 18% who agreed. Majority 85% disagreed that their teenagers found it easy to socialize with others compared to 15% who agreed. Majority 86% agreed that their teenagers were open to corrective criticism compared to 14% who agreed. Majority of respondents 73% disagreed that their teenagers managed peer pressure effectively due to their high level of self-esteem compared to 27% who disagreed. Majority of respondent 79% disagreed that their teenagers did not depend on approval to carry out their normal duties as an evident of high self-esteem compared to 11% who agreed.

These finding showed that according to the respondents, teenagers Rondah Informal Settlement had low self-esteem evident by parents' disagreement on such issues as; their teenagers were self-reliant teenagers found it easy to socialize with others, teenagers were open to corrective criticism, teenagers managed peer pressure effectively due to their high level of self-esteem, teenagers did not depend on approval to carry out their normal duties as an evident of high self-esteem.

How Different Parenting Styles Influence Self Esteem of Teenage Girls

The study used Pearson Correlation to establish relationship between parenting style and teenagers self-esteem.

	Authoritarian	Authoritative	Permissive	Uninvolved	Self esteem
Authoritarian	1	.204	.006	.311**	.509**
Authoritative	.204	1	-.033	-.006	.009
Permissive	.006	-.033	1	.192	-.061
Uninvolved	.311**	-.006	.192	1	-.131
Self esteem	.077	.509**	-.061	-.131	1
	.466	.000	.565	.216	

The study established a strong positive correlation ($r=0.509$) and a significant relationship ($P=0.000 \leq 0.05$) between authoritarian parenting style and teenager self-esteem. The study established a weak insignificant relationship ($r=0.009$, $p=672 > 0.05$) between authoritative parenting style and teenager self-esteem. The study established a negative insignificant relationship ($r=-0.061$, $p=565 > 0.05$) between permissive parenting style and teenagers self-esteem. Lastly, the study found a negative insignificant relationship ($r=-0.131$, $p=261 > 0.05$) between uninvolved parenting style and teenagers self-esteem. These finding indicated that authoritarian parenting style was related to teenager's self-esteem whereas on the other hand, authoritative, permissive and uninvolved parenting styles were not related at with teenagers' self-esteem in Rondah Informal Settlement.

Suggestion of ways in which counseling can help teenage girls gain self esteem

Based on the empirical findings from the study, the study makes the following recommendations to enhance teenagers self-esteem as far as parenting style is concern;

- Counseling intervention on motivational talks should be conducted by service providers on the relationship between them and their parents. This will enhance cooperation between parents see the advantages of cooperating with teenage girls for better autonomy and self-esteem development.
- Counseling service providers should establish programs targeting teenage girls more especially in informal settlement areas on self-perception and acceptance. Such programs will restore the already destroyed teenage girl's self-esteem.
- Emergence of adolescent autonomy dictates that certain parenting practices such as authoritarian

styles need to be re-adjusted to accommodate changing social trends so that the teenage girls are involved in decision making, duty distribution and mutual trust as clear elements that can improve self-esteem.

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