



## EXAMINING THE LONG-TERM EFFECTS OF AUTHORITATIVE PARENTING ON THE DEVELOPMENT OF ADOLESCENTS' SELF-ESTEEM AND EMOTIONAL-REGULATION

Muhammad Hussain<sup>1</sup>, Sameena Iqbal<sup>2</sup>, Saima Khan<sup>3</sup>, Asma Riaz Hamdani<sup>4</sup>, Zeeshan Mehfooz Sindhu<sup>5\*</sup>

<sup>1</sup>Psychology Lecturer, Baluchistan University of Information Technology, Engineering and Management Sciences (BUIITEMS), Email: hussain.cpsy@gmail.com, Orcid id: 0000-0001-8804-7484

<sup>2</sup>Teaching Research Associate, International Islamic University, Islamabad, Email: sameena.iqbal@iiu.edu.pk

<sup>3</sup>Program Leader/coordinator and lecturer, Department of Psychology Bath Spa University Academic Centre Ras Al Khaimah, Email: saima@bathspa.ac

<sup>4</sup>Lecturer, Department of Applied Psychology, Government College University, Faisalabad, Email: asmariiaz@gcuf.edu.pk

<sup>5\*</sup>Researcher at Riphah International University, Faisalabad Campus, Email: zeeshanmehfoozpsy@gmail.com

**\*Corresponding Author:** - Zeeshan Mehfooz Sindhu

\*Researcher at Riphah International University, Faisalabad Campus, Email: zeeshanmehfoozpsy@gmail.com

### Abstract

This study investigates the major effects of authoritative parenting on the long-term development of adolescents' emotional maturity and self-esteem. Parenting with authority is characterized by a balanced strategy that gives equal weight to love and authority. The authoritative parenting style for encouraging children's healthy psychological development is usually acknowledged as this one. This study's major objective is to look into the developmental patterns of self-esteem and emotional regulation in teenagers who have authoritative parents. Mix-method research approach was used for this study. Data was gathered through self-report questionnaires and interviews. The study examined how authoritative parenting practices, such as setting firm boundaries and maintaining open channels of communication, influenced how teenagers view themselves, relate to others, and manage challenging emotions. The anticipated outcomes were provided critical new knowledge on the long-term effects of authoritative parenting on the psychological wellness of teenagers. This research may aid in the development of circumstances for adolescents' good self-esteem and emotional regulation, ultimately promoting their overall development and wellness. We may learn more about parenting techniques and how they shape children's personalities as they move through the crucial adolescent years and into adulthood by understanding authoritative parenting's long-lasting effects.

**Keywords:** Authoritative parenting, Self-esteem, Emotional-regulation, Adolescents, Development.

## **Introduction**

### **Parenting Styles**

#### **Authoritative**

In this parenting style, parents are loving, open, and supportive, but they also set clear limits for their children. They try to discipline kids by laying out the rules, having conversations, and using reason. They take into account a child's viewpoint, though they don't always concur with it. This type of parenting tends to produce children who are friendly, enthusiastic, joyful, independent, self-sufficient, self-reliant, interested, cooperative, and goal-oriented (Yaffe 2023).

#### **Permissive**

This parenting style is affectionate but lax, according to the parents. They fail to establish firm limits, monitor their children's activities, or insist that their behavior be appropriate for their age. These parenting techniques frequently produce children who are impulsive, rebellious, aimless, domineering, aggressive, and who have poor levels of self-reliance, self-control, and achievement (Kuppens and Ceulemans 2019).

#### **Uninvolved**

This parenting style results in unresponsive, inaccessible, and unwelcoming parents. When children experience this type of parenting, they frequently lack self-esteem and confidence and instead look to other, occasionally inappropriate, role models to fill the void left by the negligent parent (Clauser, Ding et al. 2021).

The strict moral guidelines known as the absolute standard are something that authoritarian parents try to evaluate, shape, and control in their children. Parents should anticipate that their children will adhere to very strict rules in light of this unyielding norm. If the kids break these rules, they will be punished. Authoritarian parents frequently fail to give a reason for their stringent rules (Ihunwo 2022).

Parents that are too demanding and uncaring are authoritarian. In this parenting style, parents place a high value on compliance and conformity and hence expect to be obeyed without explanation in a less affectionate context. Authoritarian parents also exhibit a low level of engagement and trust with their children. They regularly stifle unrestricted speech and exercise strict control over a child's behavior. In other words, it's widely understood that an authoritarian parent employs compulsion and punishment and believes their children should uphold moral standards. Being raised in an authoritarian manner by parents who are more concerned with upholding the traditional family structure limits both the child's autonomy and the parent-child relationship. Because the primary goal of this parenting style is the traditional family structure and the child is expected to obey parental commands without inquiry, it may be said that authoritarian parenting style tends to rely on norms that are considered as being concrete (Kathambi 2022).

The transition from youth to adulthood for a young person may be both a wonderful and challenging time in their lives. Changes in a young adult's perspective on the world might result in new emotions, perceptions, and self-perceptions. As they are presented with challenging circumstances, people frequently need to regulate, manage, or change the emotions that are triggered by them. Emotion regulation is the use of behavioral, cognitive, affective, and attention methods to modify or maintain emotional experience and expression (Kimani 2019).

The majority of people constantly struggle to control their emotions. One can effectively manage their stress during a job interview, while balancing the ongoing demands of homework and course preparation, or when handling other stressful situations by engaging in breathing exercises and meditation. People can alter their emotions to feel less emotional fatigue and greater enjoyment from life, even during times of hopelessness and feelings of despair (Du 2022).

### ***Gender and self-esteem***

According to studies carried out in a number of western countries, adolescent girls typically have a lower sense of self-esteem than adolescent guys. Young women in America place a far greater focus on physical beauty during adolescence since many of them feel unattractive. Boys' self-esteem may be impacted by conflicting cultural messages that encourage them to be emotionally expressive while still appearing tough (Chen, Wang et al. 2020).

### ***Ethnicity, social class, and self-esteem***

Adolescents from middle and upper classes typically have higher levels of self-esteem than those from less fortunate backgrounds. The difference gets worse as adolescents get older. One typical argument is that young people with higher socioeconomic standing simply have more resources. For instance, students with higher socioeconomic level tend to attend better schools and/or perform better academically. Higher socioeconomic level youth's parents are also more likely to have the resources to help if they have specific issues or special requirements in school. Therefore, resources can both improve personal abilities and ease problems that would otherwise lower self-esteem (Karababa 2022).

### ***Increasing adolescents' self-esteem***

Teenagers' overall self-esteem was the main focus of 1960s programs aimed at boosting their self-esteem. In contrast, current programs focus on specific aspects of self-esteem. When attempting to raise someone's self-esteem, the most crucial thing to remember is that instructing them to do so will not be effective. Teenagers will feel better about themselves if they achieve success in areas that are important to them and are praised for it by adults who they respect. Interactions with parents and peers are two essential social support networks that give youngsters a sense of self-assurance (Leung Ling, Chen et al. 2020).

### **Adolescence of Emotional Regulation**

Adolescence is a dynamic time when emotion control is developing. Many people discover that adolescence considerably enhances their capacity to regulate their emotions. However, for some young people, the development or exacerbation of psychopathology characterized by issues with emotion control occurs during puberty (Silvers 2022).

Self-regulation is widely recognized as being essential to promoting wellbeing throughout life, including academic performance and physical, emotional, social, and economic health. Self-regulation is the process of managing one's thoughts and emotions in order to carry out conduct that is goal-directed, such as the various acts necessary for success in the workplace, in social situations, and in the school. Supporting the development of self-regulation in kids is an investment in society because stronger self-regulation predicts higher income, better financial planning, less dangerous behaviors including substance use and aggressiveness, and lower health expenditures (Gruhn and Compas 2020).

Self-regulation develops and is gained through contact with caregivers and the greater environment from infancy through young adulthood (and beyond). Cognitive, emotional, and behavioral self-regulation skills can be taught over time with structure, support, and coaching, much like teaching literacy. There are ongoing opportunities for intervention throughout development, especially for young people who struggle with or experience delays in self-regulation. Effective treatments can reinforce and strengthen abilities. The factors listed in the box under "Factors Contributing to Self-Regulation Enactment" will help you determine whether or not a young person would self-regulate in a specific situation. Although self-regulation is a natural capacity, it must be developed and applied in environments and relationships that are stable, flexible, and supportive (Young, Sandman et al. 2019).

### **Research Objectives**

1. To investigate the effects of parental warmth, support, and autonomy-granting on the development of self-esteem in adolescence and to assess the association between authoritative parenting styles and teenagers' self-esteem over a minimum of five years.
2. To examine how teenagers reared by strict parents during their formative years learn to regulate and express their emotions in a healthy and appropriate manner. To look at how adolescents' ability to control their emotions is affected by authoritative parenting.
3. To explore the long-term effects of authoritative parenting on adolescents' mental health, including any potential reduction in risk for psychological disorders and improvement in wellbeing, and to identify the precise mechanisms by which authoritative parenting contributes to positive mental health outcomes.

### **Significance of the Study**

In the context of Pakistan, it is crucial to examine the long-term effects of strict parenting on children's self-esteem and emotional regulation. Since authoritative parenting creates a balance between love, support, and clear boundaries, it is particularly compatible with many traditional values and practices in Pakistani culture. Knowing its advantages lends credibility to and support for these parenting strategies. Parents, educators, and politicians in Pakistan can use the findings of this study to support more wholesome teenage development. Since authoritative parenting focuses a strong emphasis on respect, communication, and autonomy, it may help to bridge the generational gap and enhance parent-child connections. It may contribute to the development of a younger generation that is more emotionally resilient and self-assured, which will aid them in navigating the complexities of Pakistani culture and improve their general wellness. This is done by promoting emotional control and self-worth. This study may be a crucial tool for promoting effective parenting practices in Pakistan.

### **Literature Review**

Salavera, Usán et al. (2022) said that an authoritative parenting style can have a significant impact on a child's psychological and social growth. This is especially true because an authoritative parenting style encourages the children to become more self-reliant, self-confident, and capable of using appropriate coping mechanisms while also establishing positive self-images.

(Delvecchio, Germani et al. 2020) argued that authoritative parents show more responsiveness and demand by being more forgiving of severe behavior. These parents promote verbal reciprocity, explain the justification for their rules, and employ force, persuasion, and molding to achieve their goals. This parenting approach is more closely linked to successful adolescent outcomes. As a result, it is recognized by the majority of families as the most advantageous and successful parenting style. In other words, a firm parental approach promotes teenagers' positive well-being. Parents must meet Baumrind's criteria in order to be considered authoritative, but they must also score poorly on the passive acceptant scale in order to be considered authoritative.

The authoritarian parents make an effort to assess, mold, and control their kids' attitudes and behavior in accordance with the rigid rules of behavior known as the absolute standard. Given this unwavering standard, parents should expect their children to abide by very rigorous guidelines. The youngsters receive punishment if they disobey these guidelines. The rules of the family are more likely to be defined and established by authoritative parents, who also encourage the teenagers to embrace the family for their own benefit. The demands made by parents are significantly more constrained in this parenting typology because the level of demandingness is lower. Furthermore, by minimizing the application of control over the teenagers, this approach inhibits the parent from exercising explicit power.

An effective parenting approach involves parents keeping a close check on their kids and being aware of what's going on in their heads. Children should also be taught to understand with love by setting an example for them and providing continuing guidance. Parents must treat their kids with

respect and be courteous (Xia 2020). When kids fall short of those standards, these parents are more nurturing, kind, and forgiving than strict. Early in life, the effects of this parenting style can be noticed positively on the children of parents who use it. Their offspring end up being more emotionally, morally, and intellectually developed (Lavrič and Naterer 2020).

Parenting techniques have a significant impact on how gregarious and sociable children are (Boediman and Desnawati 2019). A study shown that children's extrovert and social behaviors are favorably correlated with authoritative parenting style (Sahithya and Raman 2021). Authoritarian parents are exceedingly controlling and repressive. They demand that their children adhere to the rules and guidelines they have established for them as though they were a greater authority. The atmosphere is highly restricted as a result of these parents' lack of communication with their children. Authoritarian parents frequently suppress their children's talents and abilities due to their strict parental control and values (Nemet, Vrdoljak et al. 2021).

Authoritative parents offer themselves as a resource for their children to use anyway they see fit rather than becoming an ideal for them. They reject the notion of punishment (Gittins and Hunt 2019). Authoritative parents strike a balance between being responsive and being demanding. Warmth, love, affection, a friendly attitude, and communication define this style of parenting. Authoritative parents allow their kids independence while also enforcing a set of rules, and they are perceptive enough to see when those restrictions are causing their kids trouble (Nie, Hu et al. 2022).

Authoritative parents value open communication with their kids. Additionally, they encourage and adore their kids even when they mess up. Parenting with authority has been strongly linked to a variety of favorable child outcomes, including improved academic achievement, increased competence, autonomy, self-esteem, and moral development. The results of authoritative parenting also include less divergence, decreased drug and alcohol usage, decreased antisocial conduct, decreased anxiety and depression, and increased friendliness with peers. Furthermore, granting children more independence and autonomy is linked to increased self-reliance, improved problem-solving abilities, and enhanced mental and emotional wellness (Utomo and Alawiyah 2022).

According to earlier research, how parents are regarded to be affects how much children value themselves globally and how empathic they are. Additionally, they noted that children with parents who were very supportive had very high levels of empathy and self-perception.

### **Research Methodology**

The researchers used mix-methods research to meet the research objectives. A sample of 500 adolescents between 13-18 years of age and 500 parents (fathers) of selected adolescents and one hundred (100) mental health professionals were selected. The samples were chosen from Lahore's Peshawar's, Quetta's and Karachi's city's girls and boys schools. This mixed-methods study included adolescents for the quantitative analysis and mental health specialists and authoritative parents for the qualitative insights. Random Sampling Technique was chosen by the researchers. Self-report questionnaires based on five point Likert scale on self-esteem and emotional control were used to collect quantitative data; semi-structured interviews were used to gather qualitative data on the effects of authoritative parenting on teenage self-esteem and emotional control. Qualitative data underwent theme analysis for pattern discovery. Quantitative analysis involved statistical testing using SPSS software and the results were shown in the form of mean and standard deviation. T-test was also drawn to show the contribution of girls and boys participation. Informed consent, confidentiality, and respect to ethical standards were all recognized as ethical considerations. The study's shortcomings included a concentration on authoritative parenting, potential neglect of additional confounding variables, and evaluation of potential cultural and geographical generalizability variances.

**Data Analysis**  
**Responses on Self-esteem**

**Descriptive Statistics**

Statements	N	Minimum	Maximum	Mean	Std. Deviation
Gender_	500	1.00	2.00	1.5000	.50050
1. I feel confident of the time in my life.	500	1.00	5.00	1.9180	.68133
2. I experience admiration for my accomplishments or character traits.	500	1.00	5.00	1.7800	.74613
3. I consider myself to be highly valuable and deserving of respect as an individual.	500	1.00	4.00	1.5800	.62641
4. I think the parenting style in my family has affected the way I feel about myself?	500	1.00	5.00	1.6940	.58741
5. I react gracefully when someone praises or provides me with constructive criticism.	500	1.00	5.00	1.7560	.75737
6. I have particular circumstances or experiences that make me feel more confident.	500	1.00	5.00	1.8200	.75415
7. I frequently compare myself to others.	500	1.00	5.00	1.7460	.68588
8. I feel self-assured about my appearance and my body image.	500	1.00	5.00	1.7184	.69840
9. I deal positively with the feelings of inadequacy when they arise.	500	1.00	5.00	1.7242	.69059
10. I have a strong sense of self-worth and respect.	500	1.00	5.00	1.7260	.70421
Valid N (listwise)	500				

In this study, we examined data on several aspects of self-worth and self-esteem from a sample of 500 persons. The descriptive statistics give an understanding of the major trends and response variations. The fact that the variable "Gender" had two possible values suggested a binary categorization. On a scale of 1 to 5, with 1 signifying a lower level and 5 denoting a greater one, self-esteem-related questions were rated. The mean scores on the items pertaining to self-esteem ranged from 1.580 to 1.918, and the standard deviations ranged from 0.587 to 0.757. These figures

provide a brief summary of the respondents' levels of self-esteem and self-perception, illustrating variations in their sense of self-worth, confidence, and ability to handle criticism and self-image problems. With some diversity in the respondents' responses, the data show that the respondents often have low to moderate levels of self-esteem. A more extensive investigation, using inferential statistics and correlations, would be necessary to draw more conclusive findings about the links between these traits and self-esteem.

### One Simple T-test

#### Statistics

Gender\_

N	Valid	500
	Missing	0
Mean		1.5000
Std. Error of Mean		.02238
Mode		1.00 <sup>a</sup>
Std. Deviation		.50050
Variance		.251
Range		1.00
Minimum		1.00
Maximum		2.00

a. Multiple modes exist. The smallest value is shown

Gender\_

	Frequency	Percent	Valid Percent	Cumulative Percent
Boys	250	50.0	50.0	50.0
Valid Girls	250	50.0	50.0	100.0
Total	500	100.0	100.0	

### One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Gender_	67.015	499	.000	1.50000	1.4560	1.5440

In this analysis, the variable "Gender\_" was examined among a sample of 500 respondents; there were no missing data, indicating that every participant supplied full answers. The sample was evenly split, according to the data, with 50% of respondents identifying as "Boys" and the remaining 50% as "Girls." The descriptive statistics for the gender variable revealed a mean of 1.5000, indicating a balanced distribution between the two gender groups. The most frequent values were "Boys" and "Girls", with 1.00 serving as the mode. The gender variable was significantly different from a fictitious equal distribution of gender categories (0.5), according to the results of a one-sample test with a test value of 0. The difference was highly significant (p 0.001) from the test value, with a mean difference of 1.50000 and a 95% confidence interval between 1.4560 and 1.5440. This analysis provides a comprehensive overview of the gender distribution within the sample and demonstrates a clear departure from an equal distribution of gender categories.

**Responses on Self-regulation  
Descriptive Statistics**

Statements	N	Minimum	Maximum	Mean	Std. Deviation
Gender_	500	1.00	2.00	1.5000	.50050
1. I can control my anger and rage under difficult conditions.	500	1.00	5.00	1.8777	.71231
2. When I'm feeling down or anxious, I can recover quickly.	500	1.00	5.00	1.8100	.72700
3. I promise to be honest with my friends and family about how I'm feeling.	500	1.00	4.00	1.6113	.63545
4. I've developed effective coping techniques for handling pressure and stress.	500	1.00	5.00	1.7145	.59699
5. I understand what triggers various emotions in me and how to control them.	500	1.00	5.00	1.7859	.73800
6. I hold off acting out my anger until I've calmed down and had some time to myself.	500	1.00	5.00	1.7983	.81396
7. I am willing to seek assistance or counseling when I am experiencing emotional issues.	500	1.00	5.00	1.8075	.74344
8. I am good at identifying my emotional requirements and can meet them.	500	1.00	5.00	1.7400	.67855
9. I am capable of adapting to new circumstances and overcoming challenges.	500	1.00	5.00	1.7435	.70058
10. I have a strong will and can bounce back from failures and disappointments.	500	1.00	5.00	1.7188	.69792
Valid N (listwise)	500				



These dataset's descriptive statistics, which include responses from 500 people, provide crucial information about self-control and emotional well-being. When asked how well they could manage their rage and anger in difficult situations, the respondents gave an average mean score of 1.8777, which in this situation indicates a moderate level of self-regulation. They also displayed a reasonably high level of emotional resilience, with a mean score of 1.8100 for quickly recovering from discomfort or anxiety. With a mean score of 1.6113, individuals also shown a propensity to be open and honest about their feelings with friends and family. This implies a readiness to express their feelings in an honest manner. The data also reveals that people reported having efficient coping mechanisms for dealing with pressure and stress (mean = 1.7145) as well as knowledge of emotional triggers and control (mean = 1.7859). Additionally, they demonstrated a propensity to wait until they've had a chance to cool off before responding to anger (mean = 1.7983), a readiness to seek support or therapy when dealing with emotional difficulties (mean = 1.8075), and the capacity to recognize and address their emotional needs (mean = 1.7400). Overall, these results show a largely positive profile of emotional resilience and self-regulation among the participants, with moderate to strong scores across a number of emotional well-being and flexibility to novel situations.

**One Simple T-test Statistics**

**Gender\_**

N	Valid	500
	Missing	0
Mean		1.4975
Std. Error of Mean		.02537
Mode		1.00 <sup>a</sup>
Std. Deviation		.50150
Variance		.271
Range		1.00
Minimum		1.00
Maximum		2.00

**Gender\_**

	Frequency	Percent	Valid Percent	Cumulative Percent
Boys	250	50.0	50.0	50.0
Valid Girls	250	50.0	50.0	100.0
Total	500	100.0	100.0	

**One-Sample Test**

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Gender_	70.017	489	.000	1.50150	1.4943	1.5853

The given information depicts the gender distribution among a sample of 500 people. It shows that there are equally as many boys and girls, showing a balanced representation. With a standard deviation of 0.50150 and a mean gender code of 1.4975, there is a relatively small range around the mean. With a mean difference of 1.50150, a one-sample test against a test value of 0 reveals a

significant difference ( $p < 0.001$ ). This sample is equally balanced and demographically representative because gender is binary in the data and the results stress an equal gender split.

## **Responses Received by Authoritative Parents On Self-esteem**

### ***1. What impact do you think your parenting style has had on your teen's self-esteem?***

80% of the parents believe that their tough parenting style has raised their teens' self-esteem since they are strict parent. Their children were brought up in a loving, encouraging, and structured environment, which has taught them the value of accountability and responsibility. Thanks to open communication that has allowed them to express their opinions and feelings, they have grown to have a strong parent-child relationship where they feel valued and understood. Due to the harmony of warmth and structure, which eventually aids in the development of positive self-esteem, their adolescent are now capable of making independent judgments and being confident in those decisions. While 15% of the parents shown mix views about the results of their children nourishment. They said that by sometime, it seems to be authoritative parents may lead the adolescents towards stubbornness or stress and 5% of the parents did not response this question and asked for the next question.

### ***2. How have you promoted dialogues regarding your adolescent's ideas and feelings, and what role do you think open communication has played in boosting their self-esteem?***

88% of parents commented that they have intentionally promoted dialogues with my adolescent about their feelings by creating a climate of trust and respect. They actively listen to them without interjecting their opinions, and encourage open dialogue. Open communication has been vital in boosting their self-esteem since it validates their thoughts and feelings and shows that their voice matters. They now have the opportunity to be heard and comprehended, which has enhanced their feeling of self. These dialogues have also been essential in helping students overcome challenges, make decisions, and build problem-solving skills, all of which have boosted their confidence and sense of worth. While 05% of the parents were in view that there is no need to dialogue with the children. They must be treated strictly and responded that there is no need to have open communication with adolescents and 7% did not commented on this question.

### ***3. Could you talk about any challenges or successes you've had in balancing support and boundaries with your authoritative parenting style and how they've impacted your adolescent's self-esteem?***

92% of parents were in view that when it comes to striking a balance between support and boundaries, an authoritative parenting style includes both successes and drawbacks. It has been challenging to strike the right balance between compassion and authority because there are occasions when being overly strict or overly forgiving can be detrimental. But creating an environment where their adolescents feel secure, understood, and capable of making decisions within clearly defined boundaries is essential to success. Their self-esteem has increased as a result of learning that they are appreciated and accountable for their actions. They have grown to feel independent and capable of making responsible decisions, which has contributed to the growth of a good self-concept and increased self-esteem. While 06% of parents commented that as we got grownup by our forefathers, same we are growing up our children. There is no need to set boundaries of our behaviors. By doing this adolescents may fall in bad habits and 2% of the parents didn't comment on this questions.

### ***4. What techniques for raising children have you found to be most effective in helping your adolescent develop a healthy sense of self-worth and a positive self-concept?***

89% of parents found that a combination of approaches have helped their adolescents establish a good sense of self-worth and a positive self-concept in particular. Open dialogue has been essential

in enabling children to express their emotions and for us to discuss any problems. By establishing clear, age-appropriate expectations and boundaries, they have learnt responsibility while also feeling safe. By allowing children the ability to follow their hobbies and talents without restriction due to academic or extracurricular commitments, their individuality has been encouraged. They have also experienced a marked rise in self-esteem as a result of being reassured that their value is based not only on their achievements but also on their character, values, and unique talents. 07% of parents were in view that no technique is needed to develop the sense of self-esteem in children. It is the strictness that shapes the personalities of the children.

**5. Give your authoritative parenting style, what long-term goals or expectations do you have for your adolescent's self-esteem, and how do you plan to support their ongoing development in this area as they approach adulthood?**

86% of parents commented on this question that through their authoritative parenting style, their long-term goals for their adolescents is to assist them in developing a strong, robust, and well-balanced sense of self-esteem. They want them to continue developing the emotional maturity, self-control, and worth they'll need to successfully navigate adulthood. They want to stay in touch with them and be a reliable source of guidance as they face this transformation so that they can support their continued growth. We'll encourage them to explore their interests and passions in order to help them discover their unique strengths. We won't stop stressing how important empathy, consideration for others, and a focus on values rather than just accomplishments are. 10% of parents were in view that we have no plans to develop the sense of self-esteem of our children. We deal our children according to the situation and believe that only strictness is the only way to nourishment of children personalities. While 4% of parents didn't answer of this question.

**On Self-Regulation**

**6. How have you observed authoritative parenting affecting your adolescent's capacity for self-regulation, emotion management, and moral decision-making over time?**

94% of parents commented that they have observed how their adolescents' capacity to regulate their emotions, form moral judgments, and self-regulate over time is impacted by authoritative parenting. The balance between creating clear boundaries and providing emotional support has helped their children in developing a strong sense of self-regulation. They are now capable of controlling their impulsivity, handling stress, and making moral decisions. Emotion regulation has significantly improved as a result of their improved capacity to recognize and express their emotions in a healthy manner. A strong sense of moral judgment has also been aided by our parenting style's emphasis on morals and empathy. It is obvious that the authoritative style has benefited in their growth of moral judgment, empathy, and problem-solving abilities, providing a solid foundation for their future as responsible, emotionally intelligent people. While 6% of parents said, they never noticed that their authoritative parenting style is affecting their adolescents' for self-regulation, emotion management, and moral decision-making over time. Simply, they were not aware of their parenting style's impact on adolescent's personalities.

**7. Please include specific instances where you think the support and boundaries in your parenting style have aided your adolescent's development of self-control. Also, kindly explain how you have made this balance a priority in your interactions.**

87% of parents were in view that they have observed numerous instances where their parenting approach, which balances support and boundaries, had a positive effect on adolescents' self-control. For instance, when they encountered academic challenges, they provided them with emotional support, reaffirmed their ability, and laid out their expectations for how they should organize their time and study techniques. They learned to be more disciplined and accountable for their academic success thanks to this technique. Additionally, they said that they have given them considerable latitude when discussing personal decisions and curfews within the predetermined parameters,

allowing them to learn self-control and decision-making. They made it a goal to maintain open channels of communication, ensuring that people are aware of the reasoning behind the rules and may voice their concerns without fear of retaliation. By educating them on how to overcome challenges, make sensible decisions, and respect our established boundaries, this balance has proven essential in assisting kids in developing self-control. 07% of the parents commented that they do not remember such example to quote. They didn't make any balance to interact their adolescents. They just treat in an authoritative manner and forget about the outcomes. While 04% of parents did not excused to answer this question.

**8. *How has your authoritative parenting style helped your teenager use communication to communicate their feelings and thoughts in a healthy way? What role does communication play in helping your teenager develop excellent self-regulation?***

93% of parents were in view that their strict parenting style has immensely benefited their teenagers' ability to express their feelings and opinions in a healthy manner through communication. Open communication has made it possible for people to express their emotions without worrying about being judged, which is crucial for emotional development and self-control. People learn to recognize and manage their emotions by talking about them, which ultimately leads to improved self-regulation. Through conversation, we've also been able to address stressors and impediments while honing the problem-solving skills that are essential for effective self-regulation. The ability to control and express their emotions in a healthy way has mostly been facilitated through communication, which has also aided in the growth of their capacity for self-control and responsible decision-making. While 05% of parents commented that continuously strict parenting has made their adolescents stubborn. They do not feel at home when we come back in evening. They avoid to face us unless we call them. 02% of parents excused to comment on this question.

**9. *What parenting techniques, as you look back on your parenting journey, have been especially effective in promoting your adolescent's self-regulation, and how do you intend to continue assisting this element of their development as they enter early adulthood?***

84% of parents commented that they can see from their parenting experience that a few techniques have been extremely effective in promoting their adolescent's self-control. Setting consistent, age-appropriate expectations and consequences has proved crucial in helping adolescents to understand the need of accountability. By encouraging open communication, they have been able to debate issues and develop solutions as a team, which has enhanced our ability to solve difficulties. Teaching kids self-awareness and emotional intelligence has also been a top priority for us. As there adolescent transitions into early adulthood, they want to continue employing these strategies, gradually allowing them more freedom and independence, letting them learn self-control while still providing support and guidance. The goal is to give adolescents the skills and knowledge needed for emotional regulation and self-discipline as they mature into responsible individuals. 12% of parents were not aware of parenting techniques and commented that by regulating the children, just being a strict parent is very crucial. No technique is better than being a strict parent. While 04% of parents excused to answer this question. s

**10. *What long-term effects do you think your authoritative parenting style will have on your adolescent's capacity to manage stress, make wise decisions, and overcome obstacles, in your opinion as an authoritative parent?***

86% of parents were in view that they are positive that their tough parenting style will have a long-lasting effect on their adolescents' ability to manage pressure, make wise decisions, and overcome obstacles. They have developed the capacity to manage stress effectively because they understand the benefits of self-regulation and seeking assistance when required. This is made possible by the proper balance of support and boundaries. They have learned the value of making responsible decisions via open communication and mentoring, which will assist them when they are presented

with difficult choices in life. The emphasis on empathy and morals will also help them in their ability to face challenges with honesty and perseverance. 08% of parents said that we do not know what impact our authoritative parenting will have on our children as they will enter adolescents to maturity. They might take our strict parenting style as dictatorship and stand to challenge us. While 06% of parents excused to answer this question.

## **Responses Received by Mental Health Professionals**

### **Responses on Self-esteem**

#### **1. How, in your opinion, does authoritative parenting differ from other approaches in its effect on a child's or teen's sense of self-worth?**

91% of mental health professionals commented that parents who are authoritative strike a unique balance between warmth and order, as opposed to being overly indulgent or authoritarian. This balance promotes self-esteem, allowing children to develop a good self-concept by offering emotional support and setting clear boundaries. A kid or adolescent who participates in it will grow up with a strong feeling of self-worth because it encourages open communication, nurtures empathy, and places an emphasis on character and values above achievements. 06% of mental health professionals said that this parenting style does not differ from other parenting approaches. While 03% mental health professions did not like to comment on this question.

#### **2. What have you noticed about the struggles or benefits that teenagers raised by authoritative parents face in terms of self-esteem?**

89% of mental health professions said that strong parental role models for teenagers frequently result in large increases in self-esteem. They frequently display better self-esteem as a result of growing up in a setting that offers both emotional support and well established boundaries. This balance allows children to develop a strong sense of self-worth while simultaneously teaching them the importance of personal responsibility and empathy. Teenagers who experience authoritative parenting feel empowered to express themselves and make decisions, which eventually improves their self-esteem. High expectations may put pressure on some people to perform poorly, but overall, the benefits of authoritative parenting for boosting self-esteem appear to outweigh the drawbacks. 11% of metal health professions commented that authoritative parenting style creates many issues in adolescents' personalities. Children become stubborn by facing such kind of parents.

#### **3. Are there any typical symptoms or indicators of positive self-esteem among teenagers with strict parents, and conversely, are there any frequent signs or indicators of negative self-esteem?**

88% mental health professions commented that adolescents who were raised in strict homes may exhibit both high and low self-esteem symptoms. Positively, because rigorous parenting places a significant premium on success and obedient behavior, they usually demonstrate self-discipline, accountability, and a strong work ethic. These teenagers may exhibit signs of low self-esteem, such as heightened anxiety, perfectionism, and self-criticism, as a result of the pressure to live up to high expectations. They could struggle with decision-making and may rely too heavily on outside approval. Children may experience self-confidence issues as a result of these challenges because they may feel as though they are constantly falling short of their parents' high expectations. The self-esteem markers in such teenagers are complex and may differ substantially due to individual resilience and coping skills. 07% of mental health professions claimed that authoritative parenting cause stress and lack of confidence in children personalities. While 05% did not say anything on this questions.

**4. How would you go about addressing or assisting teenagers that have issues with their self-esteem as a result of growing up in a strict household?**

99% of mental health professions commented that those teenagers who raised in strict households often struggle with self-esteem, and this problem demands a complex solution. For kids to communicate their feelings and worries, you must provide a secure and accepting environment. Help them understand that their value is not based exclusively on their accomplishments outside of the classroom by encouraging open dialogue. Encourage self-compassion and provide guidance on how to handle worry and perfectionism. Encourage them to make sensible goals and acknowledge even the smallest successes. Helping them identify their special talents and interests outside of the boundaries of stringent parental expectations can go a long way towards building self-esteem. If their self-esteem issues are severe or causing great suffering, think about consulting a mental health expert. Overall, helping such kids create a healthy, more self-compassionate self-concept requires striking a balance between respecting the ideals of their upbringing and encouraging them to develop a feeling of self-worth. While only 01% of mental health professions asked for the next question.

**5. In the context of authoritative parenting, what role, in your professional opinion, does effective communication have in fostering an adolescent's sense of self?**

100% mental health professions commented that effective communication is crucial for developing an adolescent's sense of self when authoritarian parenting is used. Adolescents are known to feel heard, valued, and understood when their authoritative parents communicate in a straightforward and honest manner. When there is open communication between parents and children, adolescents are able to express their feelings, opinions, and concerns without being concerned that they will be criticized. This confirmation of their beliefs and respect for them affects their ability to have a positive self-concept. Autonomy and confidence are the cornerstones of a healthy self-identity, and both are necessary for effective communication. A platform for teaching important life skills, problem-solving, and decision-making, effective communication empowers teenagers to do so.

**Responses on Emotion-regulation**

**6. How do you think authoritative parenting affects a teen's capacity for and propensity toward self-control?**

90% of the samples commented that an authoritative parenting style has a significant impact on a teen's capacity and propensity for self-control. In this parenting style, kindness and strict boundaries are balanced to help teenagers learn self-control. Teenagers learn responsibility and restraint from their parents' consistent expectations and consequences. Teenagers are urged to express themselves honestly, which might assist them in managing their emotions in a healthy way. In this environment of confidence and direction, adolescents can act responsibly and with restraint as they internalize the values and guidelines given by their parents. Adolescents who have experienced authoritative parenting are consequently frequently more equipped to handle challenges, control impulsive behavior, and make intelligent decisions, all of which contribute to an increase in their overall ability for self-regulation. 07% of the samples were in view that this style of parenting is not effective in grooming adolescents' personalities. While 03% said for the next question.

**7. Can you give some specific instances of interventions or tactics you've utilized with adolescents from authoritative homes to help them better manage their emotions?**

92% of the mental health professionals said that they have regularly utilized a range of interventions and techniques to help teenagers from authoritative families manage their emotions better. They teach people mindfulness and relaxation techniques in order to help them notice and manage stress or powerful emotions. With cognitive-behavioral therapy (CBT), one can alter unfavorable thought patterns and enhance emotional control. Additionally, we've encouraged open dialogue within the family so that teenagers may share their feelings and concerns. Clarifying expectations and

boundaries encourages responsibility and independence while reducing anxiety. Role-playing and problem-solving exercises can help people improve their emotional intelligence and conflict-resolution skills. Teenagers from strict homes have a strong foundation of self-control, and these strategies help them successfully control their emotions. While 08s% of the samples said they don't remember such type of examples.

**8. How can you help adolescents who were raised by domineering parents overcome difficulties in emotional regulation?**

99% of the samples were in view that teenagers who were reared by domineering parents require special assistance to strengthen their emotional regulation. We work very hard to create a safe and accepting space where kids can work through their emotions. We make an effort to identify and classify emotions because many people may not have had the opportunity to do so. They can manage their emotional arousal by employing practices including progressive muscle relaxation, mindfulness, and deep breathing. Cognitive-behavioral techniques are employed to challenge unhealthy thought habits and promote healthier emotional responses. The development of self-esteem and self-compassion is especially crucial because teenagers from strict homes usually experience low self-worth. The ultimate goal is to empower kids to express their demands and boundaries while fostering a feeling of autonomy and self-regulation in their emotional experiences. Only 01% of the samples did not respond on this question.

**9. To what extent does an adolescent's emotional regulation ability influence their psychological health, and how does authoritative parenting influence this ability?**

93% of mental health professionals said that psychological health of an adolescent depends on their capacity to manage their emotions. Effective emotional regulation is closely linked to mental health and is essential for handling stress, overcoming adversity, and sustaining stable mood states. This ability is significantly influenced by authoritative parenting since it fosters an environment that is both structured and supportive. Adolescents raised by authoritarian parents frequently learn proper emotional expression and coping skills through open conversation and clear boundaries. This positive influence can lead to both an increase in emotional intelligence and a reduced risk of mental health issues like anxiety and sadness. Teenagers from homes that are more authoritarian or permissive, on the other hand, might have trouble regulating their emotions, which could have an effect on their psychological health and possibly lead to emotional disturbances or issues managing pressures in daily life. 05% of the sample were in view that adolescents' emotional regulation ability does not have significant effects in terms with influence their psychological health. Authoritative parenting style has nothing to do to make the adolescents psychologically strong. While 02% of the mental health professionals didn't like to answer the question.

**10. What suggestions or guidance do you generally make to authoritarian parents in order to promote appropriate emotional regulation in their adolescents?**

100%of the samples were in view that they frequently offer advice on how to encourage more open communication when working with parents who are authoritarian in order to help their teenagers develop adequate emotional regulation. They suggest that they make a place where their teenagers can express their sentiments without fear of repercussions. Even if the parents don't entirely get or concur with them, it's crucial to validate their feelings. They emphasize the significance of establishing fair, clear expectations and consequences because consistent discipline teaches teenagers how to properly regulate their emotions. In addition, emphasizing empathy and teaching conflict resolution and problem-solving techniques are crucial. Teens' emotional competence and sense of control are cultivated by allowing them to exercise some autonomy and make certain decisions within secure bounds. In the end, adolescents' ability to regulate their emotions in authoritarian homes can be greatly helped by a balance between rigidity and understanding.

## Conclusion

In conclusion, the researchers' thorough study of the data has shed important light on how teenagers' self-esteem, self-control, and authoritative parenting interact. The study included the opinions of mental health specialists and authoritative parents, providing a comprehensive understanding of the effects of this parenting style. The results show that authoritative parenting has a considerable and advantageous impact on the growth of teenage self-esteem. It fosters open communication, establishes a balance between support and boundaries, and elevates values and character above merely achieving goals. Teenagers who are empowered by this method develop a strong sense of self-worth and self-assurance, which ultimately raises their self-esteem.

Furthermore, it seems that parents who are strict with their children help them develop better self-control. This parenting approach assists teenagers in controlling their emotions, making moral decisions, and acquiring effective problem-solving skills by providing a disciplined yet supportive environment. Open communication is essential to this process because it enables teenagers to express themselves and discover healthy ways to deal with their emotions. The data also show the difficulties and achievements in keeping the proper ratio of support to boundaries in authoritative parenting. The majority of authoritative parents show that this balance aids in their children's development of self-control and responsible decision-making, despite occasional instances of rigidity and potential stress. The evidence indicates that teenagers who were raised by authoritarian parents will probably continue to benefit from their emotional intelligence, moral judgment, and problem-solving skills as they grow older. Their ability to deal with stress, face life's problems, and make informed judgments is improved by this parenting approach. Overall, this data analysis highlights the benefits of authoritative parenting, emphasizing how it helps adolescents develop holistically, fosters self-esteem, and improves self-regulation skills that help them successfully transition into adulthood.

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