

# Review of Parenting Styles and Their Impact on The Adolescents' Self-Esteem

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## Abstract

In the crucial phase of adolescence, adolescents simultaneously develop their identity and form interpersonal relationships. One of the processes for adolescents to develop their identity is by understanding the importance of self-esteem. As one of the closest individuals in adolescents' life, parents/parental figures play a substantial part in adolescents' self-esteem. Therefore, a best-evidence review is conducted to discuss different types of parenting styles and their impact on the self-esteem of adolescents. The result of this review revealed self-esteem has a direct and positive correlation with authoritative and permissive parenting styles. Conversely, highly authoritarian and negligent parents indicate lower adolescents' self-esteem. Furthermore, this review identified parents' role in increasing adolescents' self-esteem, also gender and cultural differences of parenting style and self-esteem. Given the impact of parenting styles on adolescents' self-esteem, understanding parents' roles, as well as the gender and cultural differences, becomes vital knowledge to maintain adolescents' positive self-esteem. To conclude, parenting styles play a significant influence on adolescents' self-esteem, hence it's vital to invest in it to get a better comprehension and have a piece of updated information, especially with the changes in the situation.

**Keywords:** Parenting Styles, Self-esteem, Adolescent, Well-being

**Introduction**

Adolescence represents a crucial period for developing mental health and a unique sense of self and identity (Moksnes & Reidunsdatter, 2019; Okunlola et al., 2020). Acquired from the Latin 'adolescere', the word 'adolescence' implies 'maturing' or 'to grow' (Deshpande & Chhabriya, 2013). During this time, adolescents may go through and engage in mood disruptions, risky behaviors, and conflicts with parents. Their emotional, social, and physical interactions with others may be influenced by these characteristics and consequently, affect their self-esteem (Feist et al., 2012). As an essential part of positive mental health and functioning during adolescence, the positive or negative attitude towards oneself has been defined as self-esteem (Boden et al., 2008; Rosenberg, 1965). Parental and family factors have influenced fluctuating self-esteem as they attain adolescence (Emam & Abu-Serei, 2014). During adolescence, parents become an essential contributor of self-esteem along with their peers (Garcia & Santiago, 2017; Harter, 2006). Thus, the role of parents is significant in caring for their children (Setiana & Darmayanti, 2020).

As one of the closest persons in adolescents' lives, parents and their parenting styles may influence adolescents' personality, mental health status, and self-esteem (Noordin et al., 2020). The development of the adolescents' coping mechanisms, cognitive, temperament, and social skills can also be shaped by family-based parenting styles (Lynn & Ting, 2019). Positive parenting style relates to positive predictors of self-esteem, meanwhile negative parenting style may result in poor self-esteem (Aremu et al., 2019; Zakeri & Karimpour, 2011). Many researchers have studied the topic of parenting styles and their influences on adolescent self-esteem (e.g., Okunlola et al., 2020). Therefore, this article will discuss the research findings of the articles about parenting style and adolescents' self-esteem.

**Parenting Styles**

Parenting style is one of the significant determinants of adolescents' mental health (Rezvan & D'souza, 2017). It is a psychological description of standard strategies for child-rearing efforts used by parents (Adimora et al., 2015). Baumrind (1966) conceptualized three parenting styles distinguished by responsiveness and demandingness: permissive parenting style, authoritative parenting styles, and authoritarian parenting styles. Later, the fourth style which is also characterized by responsiveness and demandingness, neglectful or uninvolved style, were added by (Maccoby & Martin, 1983). The responsiveness dimension refers to how the parents express love and affection, talk, support, and reason with their children (Axpe et al., 2019; Martínez et al., 2019; Martinez et al., 2020; Martínez & García, 2008). Whereas the demandingness dimension indicates the degree to which parents use supervision and control, maintain the position of authority, and establish norms for children (Baumrind, 1991; Garcia & Serra, 2019).

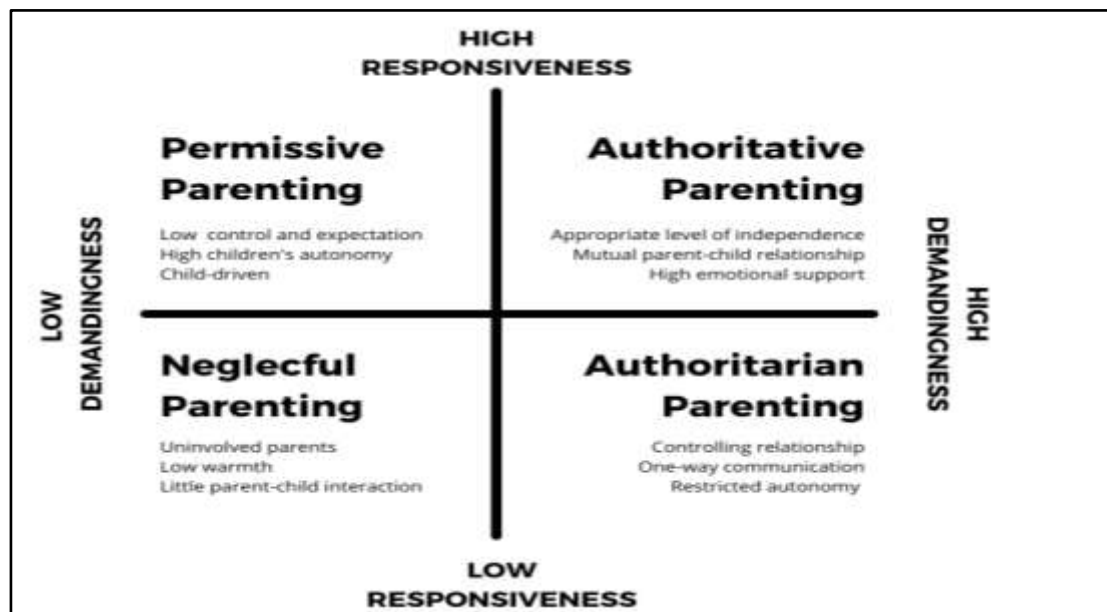


Figure 1: The four parenting styles.

As seen in Figure 1, the authoritarian parenting style is defined by less responsiveness from parents but with high demandingness (Hoskins, 2014). In this parenting style, parents restrict their children's autonomy and decide what is behaviorally appropriate (Hesari & Hejazi, 2011). In contrast, the authoritative parenting style shows the appropriate level of independence and mutual parent-child relationship by combining high emotional support and skills. This style also involves dialogue for children to develop their talent and interest, whereby parents act as controllers (Setiana & Darmayanti, 2020). Meanwhile, the permissive parenting style represents more parents' responsiveness but less demand, which leads to less expectation from parents to their children because they have given more attention to them. Permissive parents encourage the children's autonomy and allow them to make their own decisions and have their activities (Hesari & Hejazi, 2011). In comparison, neglectful parenting is defined by the absence of both responsiveness and demandingness from parents (Setiana & Darmayanti, 2020).

In the beginning, authoritarian parenting was considered optimal by scholars such as Watson (1928). However, in the current era, researchers have begun to address permissive parenting as the optimal style (Garcia et al., 2019). Studies from different cultural contexts show that compared to authoritative parenting (characterized by using both responsiveness with more demandingness), permissive parenting (denoted by the use of responsiveness but not demand) leads to the same or higher children's personal and social adjustment (Garcia et al., 2019; Moreno-Ruiz et al., 2018; Suárez-Relinque et al., 2019). Depending on the child's cultural background, parenting styles seem to have different effects, and the current research seems to suggest that the use of strictness and demandingness is beginning to be considered unnecessary in parental socialization (García & Gracia, 2009; Martinez et al., 2020; Piquart & Gerke, 2019; Piquart & Kauser, 2018).

### **Self-esteem**

Self-esteem is an important element of a person's self-concept (Moksnes & Reidunsdatter, 2019; Shabanishad et al., 2019). Self-esteem plays a crucial part in one's healthy growth (Xin Yun et al., 2019). Furthermore, self-esteem enables oneself to adapt to life challenges and

feel successful, happy, enhances the ability to think confidently, feel valued, and be content (Xin Yun et al., 2019). Meanwhile, Rosenberg identified it as a person's feelings and thoughts about self-worth (Moksnes & Reidunsdatter, 2019). Self-esteem is also the affective and evaluative element of self-concept, prone to various internal and external developments and changes during adolescence (Taleghani, 2021; Yun et al., 2019).

Self-esteem is defined as an individual perception of oneself and has been a key deciding factor when it comes to understanding social functioning, cognitive, emotional, and behavior (Martinez et al., 2020). Moreover, research shows that self-esteem contributes to both behavioral and psychological criteria. High self-esteem is associated with greater life satisfaction and acts as a catalyst against negative stresses such as depression and anxiety (Martinez et al., 2020; Perveen, 2020; Yun et al., 2019; Motevalli, 2013). Referring to past research, higher self-esteem is inversely related to fear, anxiety, depression and also positively relates to life satisfaction and happiness. Moreover, personal self-esteem decreases depression levels and directly correlates to social group interactions (Okunlola et al., 2020; Motevalli, 2013). Thus, self-esteem shaped by parenting practices substantially influences emotional and social adjustments (Moon-Seo et al., 2021).

### ***Self-esteem in Adolescents***

Positive mental health needs to function during adolescence. As individuals might differ as they progress, self-esteem seems to rise from adolescence to middle adulthood and reaches the peak at about the age of 50 to 60 years. It eventually decreases as they reach older age (Moksnes & Reidunsdatter, 2019) Self-esteem seemed to be stable during adolescence. A study also found that male adolescents reported higher self-esteem than females, girls were found to have higher anxiety and depression than boys. They displayed a slightly higher level of anxiety and depression, stress, and self-esteem in both the researches. Meanwhile, the boys obtained more scores on mental self-esteem, mental wellbeing and were found to be more emotionally stable while in school (Hesari & Hejazi, 2011). In addition to that, the research also proved that adolescents who are stable and have high self-esteem have a lower tendency to hostility and anger.

Conversely, aggression is related to high self-esteem, and aggressive behavior of starting fights is a risk-taking action that requires confidence and courage (Hesari & Hejazi, 2011). Meanwhile, adolescents between the ages of 11 to 21 experience life out from home, being with their friends becomes an important contributor to their self-esteem (Okunlola et al., 2020). Therefore, peer influence and adolescent family are major contributors to their self-esteem. Parenting styles are related to children, which is significantly associated with academic adjustments.

Findings showed that adolescents respond positively towards supportive parents. Parents' rationality, supervisory skills, mothers' instinct, and ability to monitor their children influence self-esteem in adolescents (Xin Yun et al., 2019). Self-esteem begins to fluctuate as they attain adolescence, whereby they have risky behaviors, mood disruptions, as well as parental conflicts (Okunlola et al., 2020). These attitudes eventually influence their social, emotional, and physical interactions with others and subsequently contribute to negative self-esteem among adolescents (Moksnes & Reidunsdatter, 2019). Concerning that, personal self-esteem from parental support played a significant role in higher education's higher emotional and social benefits (Moon-Seo et al., 2021). This contributes to higher self-esteem among college students promoting academic success in higher education than students with lower self-esteem, who tend to drop out from being stressed out and poorly performed. This

positive social interaction improves psychological wellbeing and students' positive self-evaluation (Moon-Seo et al., 2021). Hence, creating satisfaction and happiness with college life significantly improved adolescents' academic performances.

### ***Parenting Style and Self-esteem***

Attachment theory distinguishes that parents shape their children's behavior, attitude, interpersonal relation, and emotional functioning with others (Deković & Meeus, 1997). Baumrind (1966) suggested that three different parenting styles applied, namely permissive, authoritarian and authoritative, that bring about different attitudes among children (Hesari & Hejazi, 2011). Currently, four researched parenting styles are duly established. Those are authoritative, authoritarian, permissive, and neglective (Okunlola et al., 2020).

The authoritative parenting style is a mixture of permissive and authoritarian styles (Hesari & Hejazi, 2011). The authoritative parenting style is defined as parents having control over the decisions made by children (Rahman et al., 2017). The authoritative parenting style involves dialogues with children to develop their talent and interest, whereby parents act as mentors (Setiana & Darmayanti, 2020). This parenting style reflects how the parents want their children to be according to their wishes. Furthermore, this style gives permission and courage for children to widen their opinions and beliefs (Rahman et al., 2017). In research from Setiana & Darmayanti (2020), they found that authoritative parenting style is effective compared to authoritarian and permissive parenting style as it develops positive adolescent self-concept and recommends parenting style for parents to be carried out for adolescents. Tunç & Tezer's (2006) research in Turkey analyzed the correlation between authoritative style and aggression. The study showed that self-esteem played a mediator's role, and the finding showed a direct and positive effect on authoritative parenting and self-esteem. Research by Okunlola et al (2020) found that 78% percent of their studies showed that authoritative parenting style is the established parenting style. This indicates that most adolescents' parents are supportive, accepting, and warm. Moreover, positive psychological outcomes in adolescents were also confirmed in the studies (Baumrind, 1991; Chen & Dornbusch, 1998; Vazsonyi et al., 2003). However, the research from (Pinquart & Gerke, 2019) contradicts as the finding showed there is only a minor positive impact correlated with authoritative parenting and self-esteem.

On the other hand, the authoritarian parenting style focuses on parents' control over their children. This happens when the parents control the children's autonomy. The parents also decide the behavior that is considered to be appropriate. This parenting style implies that adolescents tend to suffer from depression, are uncooperative with low self-esteem, making them face difficulties in making decisions (Hesari & Hejazi, 2011). Additionally, authoritarian parenting style leads to negative adaptation and survival in a child. The child is unable to adapt and survive due to not having a positive self-concept (Banica et al., 2019). Niaraki & Rahimi (2013) wrote that if parents are extremely strict and open talk is not allowed, and when children have to follow the rules without emotional openness, it will cause a high chance of exhibiting low self-esteem. This, then, might be amplified at the adolescence stage as peer interactions become the main factor of self-esteem reinforcement (Deshpande & Chhabriya, 2013). Further findings from Zhang and colleagues' (2017) research revealed that friendly mothers have greater self-esteem in adolescents, unlike controlling mothers who have low self-esteem in adolescents (Pérez-Fuentes et al., 2019). Thus, many studies found a clear opposite correlation between the parenting styles versus adolescents' self-esteem (Chen & Dornbusch, 1998; Pérez-Fuentes et al., 2019; Rahman et al., 2017; Setiana &

Darmayanti, 2020; Vazsonyi et al., 2003) indicates the more authoritarian the parents were, the lower the self-esteem of the adolescents' (Banica et al., 2019; Okunlola et al., 2020; Pinquart & Gerke, 2019).

Permissive parents have low control but are high in warmth and acceptance. Permissiveness is also considered as an indulgent parenting style that motivates the children to do their activity, encourages them to make decisions, and gives them autonomy (Hesari & Hejazi, 2011). This style allows the child to do everything and has absolute freedom (Rahman et al., 2017). However, this parenting style has its pros and cons. This self-concept is a psychological construct that provides an overview of having an individual assess him or herself from various dimensions of motivation, life goals, and behavioral strategies, causing self-awareness (Ghoffar, 2019). In their longitudinal studies, Harris and Orth (2020) support the findings that the degree of support and parental warmth received by adolescents affect them in their childhood and young adulthood. However, Martinez and colleagues' (2020) ironic findings among Brazilian, Spanish, and Portuguese adolescents show that permissive parenting together with warmth is associated with the highest adjustment in self-esteem and social values. In support of the finding, research by (Tunç & Tezer, 2006) among Turkish adolescents also shows adolescents who have permissive indulgent parenting styles tend to have higher self-esteem than those who reported their parents as authoritarian. Adolescents from indulgent permissive homes were high on the measure of social competence and self-confidence. Meanwhile, neglectful practices are very low in both demandingness together with responsiveness and highly uninvolved (Rahman et al., 2017). Parents are not connected to the children, and most of the time, adolescents from this background have behavioral problems, substance usage, delinquent acts, and are generally poor in all domains (Okunlola et al., 2020). Pinquart and Gerke (2019) said authoritarian and neglectful parenting was also related to lower self-esteem among adolescents. The result for neglectful parenting resulted in the lowest self-esteem in adolescents (Okunlola et al., 2020).

According to the study conducted by Pérez-Fuentes and colleagues (2019) among 13 to 19 years old Spanish adolescents, shows that adolescents who have support from their parents for their autonomy, have humorous relationships, and good communication with parents had a better score in self-esteem. In contrast, adolescents whose parents were the controlling type had lower self-esteem. Researchers with common findings showed that when behavioral and psychological control are identified, inducing guilt and manipulation from family relations does not promote self-esteem among adolescents (Oliva et al., 2007; Reina Flores et al., 2010).

Many kinds of research on different parenting styles especially looking into authoritative, authoritarian, and permissive styles. Still, there is limited research regarding neglectful parenting style and its association with adolescents' self-esteem. Although authoritative parenting style shows significant results in having high self-esteem, Pinquart and Gerke (2019) summarized that it is not a pure effect between the correlations of parenting styles and adolescents' self-esteem. Hence, more longitudinal research is necessary to determine the possible direct correlation effects. Research from Bartle and colleagues (1989) shows no cause-effect relationship between self-esteem and parenting style. However, Tunç and Tezer's (2006) study stated that despite the positive relationship between authoritative parenting styles and self-esteem being well established, the relationship of different parenting styles and their associations with self-esteem is needed for further examination. For instance, the study done by Rosenberg (1965) has been argued for the limitation in their sample size; therefore, further research must be done. Concluding from the mixed research

as established, it is suggested that future research on observational records of parent-child interaction or interviews, which enable exploring parenting practices, also be carried out (Pérez-Fuentes et al., 2019).

### ***Impact of Parenting Styles on Adolescents' Self-esteem***

The influence of parenting style on adolescent children's self-esteem can be categorized into direct and indirect impacts based on various studies' findings. The direct impact here refers to how types of parenting can either increase or decrease adolescent children's self-esteem, while indirect impact pertains to either self-esteem as a mediator influencing other variables or other variables moderating adolescents' self-esteem with parenting styles.

#### ***Direct Impact***

A meta-analysis by Szkody et al (2021) found that children transitioning into the adolescence stage brought up by either authoritative or permissive parents reported a higher level of happiness and self-esteem than children raised by authoritarian parents. The impact persists even if only one parent is authoritative or permissive, whether paternal or maternal. Besides, the combination of permissive and authoritarian styles is significantly associated with a lower level of self-esteem among adolescent children. Looking at these findings in the dimension of parental warmth and control, although both authoritative and authoritarian styles are characterized by high parental control, they differ in type. Parental control of authoritative parents involves confrontation whereby children are welcomed and encouraged to give/ask for opinions, feedback, and justification in two-way communication (Lavrič & Naterer, 2020). Contrarily, authoritarian parents exert control coercively in which parents have the final say, where children must oblige without arguing, and they are not entitled to any explanation (Pinquart & Gerke, 2019). Based on these parental behaviors, it can be seen how parenting styles influence the development of adolescent children's self-esteem, which involves positive parental approval, parental demandingness, which promotes self-competence, and autonomy granting (Yeung et al., 2016).

#### ***Indirect Impact***

Parenting styles can indirectly impact adolescents' self-esteem through their sense of attachment resulting from parenting experiences. Negative upbringing is linked to the development of insecure attachment, which can be classified into attachment anxiety and attachment avoidance (Kawamoto, 2020). Attachment anxiety may develop due to the negative self-view stemming from a combination of abandonment fear and the absence of emotional support from attachment figures. A high level of attachment anxiety is associated with a lower level of self-esteem among adolescents as they perceive themselves as unworthy of love and affection. On the other hand, attachment avoidance may exist due to the negative representation of others whereby people with this type of attachment feel doubtful about other people's affection and attention towards them. People with high attachment avoidance have significantly lower self-esteem than people with secure attachment. They tend to feel uncomfortable with intimate relationships, especially with attachment figures, thus avoiding them and preferring to be independent (Mikulincer & Shaver, 2012). Adolescents' self-esteem is also found to be a mediator between parenting styles and the level of internalizing and externalizing problems (Szkody et al., 2021). The researchers discovered a significant relationship between maternal authoritative and daughter's (female) level of internalizing and externalizing problems moderated by self-

esteem. A positive mother-daughter authoritative affiliation is linked to a high level of adolescent daughter's self-esteem, which results in the decrease of internalizing and externalizing problems. This finding, however, did not hold for father-son, father-daughter, and mother-son dyads. It could be attributed to the fact that sons tend to be more independent during adolescence, thus less dependable on their parents, and daughters are more comfortable talking about their problems with a female parent rather than fathers (Szkody et al., 2021).

### ***Parents Role in Increasing Self-esteem***

To continue from the previous discussion on how parenting styles can impact adolescents' self-esteem, parents or parenting figures hold the key to boosting the self-esteem of their adolescent offspring. Adopting appropriate parenting styles would be the first and crucial step. Becoming a parent nowadays requires preparation, especially regarding parenting knowledge and skills. Having physically and mentally healthy children would and should be every parent's priority; therefore, practicing authoritative, permissive, or a combination of both parenting styles would be beneficial for children and adolescent children in particular (Szkody et al., 2021). As children transition into adolescence, they need to develop their self-identity and self-directedness. By giving adequate autonomy, practicing minimal parental supervision, and being available (physically and emotionally) for their adolescent children, parents can help them to naturally grow, which includes increasing their self-esteem (Pinquart & Gerke, 2019). Providing adolescent children with continuous social support is another way for parents to help improve their children's self-esteem. Although children are more associated with their peers during adolescence than parents, the research found that parental social support is as important as peer social support (C.-W. Chang et al., 2018). Therefore, parents need to keep involved in their adolescent children's social affairs while maintaining an appropriate distance to avoid being seen as controlling.

### ***Importance and Impact of Self-esteem on Adolescents' Well-being***

Self-esteem is one of the important aspects under self-concept shapes how individuals view themselves and perceive other people. It is generally known that self-esteem tends to be stagnant during adolescence, thus rendering adolescents' well-being vulnerable at this point in life. Various studies have utilized self-esteem as a mediator or predictor for adolescents' wellbeing, especially mental health-related issues.

A study by Moksnes & Reidunsdatter (2019) found that self-esteem and mental health have a reciprocal relationship whereby both variables can be predictors and consequences of the other. The severity of individuals' anxiety and/or depression is significantly predicted by their level of self-esteem and vice versa, one's mental health condition, including depression and anxiety, significantly predicted one's self-esteem. The researchers proposed two vulnerability and scar models to test the predictability of self-esteem and mental health on one another. Their findings provide relevant support for proposed models and offer some possible explanations as well. According to the vulnerability model, having low self-esteem may make people more susceptible to depression or anxiety because they view themselves and their coping strategies negatively. Their negative perceptions of ways to cope with stressful experiences may also increase their vulnerability to mental health complications. On the other hand, based on the scar model, because self-esteem created the lens one used to view oneself and others, the negative experiences of depression may contribute to the scarring effect, whereby having low self-esteem would persistently negatively alter the lens.



Chang et al (2018) also discussed self-esteem as the moderator for types of social support and the level of depression. They found that social support from parents and peers particularly directly relates to depression level. Participants who reported receiving social support from either their parents or peers or both have reportedly lower levels of depression. The researchers attributed their findings to the moderation role played by self-esteem, whereby just knowing that people who will give them unconditional support, especially from their close circle, exists helps to boost individuals' self-esteem and empower them to deal with challenges. Since this study was conducted in Hong Kong, where the educational system is exam-oriented, social support from teachers/schools has no significant influence on depression level because their supportive role is more academic than social, hence the salient influence of parental and peer highly social support.

Even based on findings from a few studies, there is clear evidence on how self-esteem can influence adolescents' wellbeing. There exists extensive research on self-esteem across different sample populations and studies that looked further into specific variables. For example, a gender difference when it comes to depressive symptoms whereby females reported a higher level of depression compared to males (Chang et al., 2018; Moksnes & Reidunsdatter, 2019), differences in culture in which individuals from collectivistic society were more troubled (depressed) by social dispute rather than their lack of self-independence, and one's socioeconomic status (Chang et al., 2018). Therefore, future intervention programs should be tailored based on these findings and suggestions from the researchers to ensure the suitability and effectiveness of interventions that aim to improve adolescents' wellbeing.

### ***Parenting Style, Self-Esteem, and Gender***

Another thing that needs to be considered when helping adolescents grow up is acknowledging their gender. As mentioned, children's gender had been important to how they would respond to the applied parenting styles. This shows that different gender requires different parenting styles. Not only that, but the parents' gender plays a role in determining the parenting styles to be applied to adolescents (Hosokawa & Katsura, 2018; Yaffe, 2020; Zhu et al., 2021). Furthermore, it is also crucial to bear in mind that parenting styles are also influenced by gender and individual differences in addition to culture (Kochanska et al., 2004). Hence, acknowledging gender differences in parenting style would help the parent in the adolescents' development, thus having higher self-esteem.

In Szkody and colleagues' (2020) current study, the indirect effects of parenting style through self-esteem were discovered when the authoritative style within the mother-daughter dyad was investigated. In other words, authoritative mothers are associated with higher levels of self-esteem in females and eventually related with lower levels of their psychological problems. Their findings also proposed that daughters' self-esteem and mental health were heavily associated with the mother-daughter relationship. Additionally, Chin and Woon (2018) stated that mothers who are practicing permissive parenting allow their adolescents to develop improved self-esteem, act freely and independently, which could indirectly boost their self-esteem.

Regarding paternal parenting, fathers with authoritarian styles decreased males' self-esteem, while authoritative and permissive fathers increased both females' and males' self-esteem (Patock-Peckham & Morgan-Lopez, 2009). Other researchers also found that although the paternal permissive style is positively related to females' self-esteem, maternal style shows a negative relation. In comparison, males' increase in self-esteem has a

significant association with maternal authoritative or permissive parenting styles (Endendijk et al., 2018). Furthermore, fathers are prone to have detached relationships with their children compared to the mothers as parenting styles of maternal and paternal presented similar connections with the youngsters' self-esteem (Wall & Arnold, 2007). With this being said, it can be agreed that gender does influence parenting styles' application and how children respond to them. Boys and girls would certainly behave and react differently to parents' demands, which may affect their self-esteem. In short, parents should always consider themselves first then their adolescent's gender in deciding the appropriate parenting style.

### ***Cultural Difference in Parenting Style and Self-esteem***

According to (Sahithya et al., 2019), cultural background and the child's upbringing are two determiners for which parenting style should parents apply to their children. According to research, it appears that parenting styles' impact would be different for the children based on their cultural background (Pinquart & Gerke, 2019). As Walton et al. (2018) stated in their research conclusion, to better understand and aid one's development, parents must acknowledge their cultural background and look at it as an individual matter. In short, one cannot deny that cultural background and parenting styles play a significant part in adolescents' development. Parents should always strive to do well with their preferred parenting method to help their children develop well physically, mentally, and socially. Therefore, it is always important to discuss how culture and parenting styles would benefit not only the parents but also their children.

Garcia and colleagues (2019), in their research of a big test involving European adolescents, show that unrelated to country, an indulgent parenting style, and an authoritative parenting style were correspondingly defensive regarding the usage of drugs. Still, the authoritative parenting style underperformed against indulgent parenting style regarding self-esteem and academic performance. Next, it was discovered that the indulgent parenting style remained linked with high scores of self-esteem and internalization of social values in Spain, the United States, Germany, and Brazil (Garcia et al., 2019). Again, regardless of culture, indulgent parenting style seems to exhibit positive outcomes on adolescents. Besides, according to Chang and colleagues (2003) research, authoritarian parenting predicts depression, low self-esteem, aggressive behavior, and poor academic performance in Asian adolescents, which includes native Chinese.

Additionally, as mentioned by Aremu et al (2019), mothers in Nigeria are stricter with their daughters in terms of development and discipline. Meanwhile, in Chang's (2007) research findings, a comparison between Caucasian Americans and Asian Americans, it seemed that the authoritarian parenting style has an undesirable influence on self-esteem, and most Asian American parents will practice it, attempting to incorporate their values and rules into their adolescents. This strengthens the idea that in various parts of the world or diverse cultures, adolescents' self-esteem is being developed through various parenting styles. Due to cultural differences, some studies tend to point out different findings. As such, Keshavarz and Baharudin (2009) have deduced that because Malaysia practices collectivist culture, parents are prone to apply authoritarian parenting styles for their youngsters, which might or might not have a destructive impact on their youngsters' self-esteem. Besides, as (Lynn & Ting, 2019) pointed out in their conclusion, the majority of the particular experimented Chinese national school students experienced authoritative parenting style, and those students had higher self-esteem than those who had dealt with permissive parenting style.

Next, those Kashmiri children whose parents are authoritative help their adolescents develop a better self-concept, self-confidence, and self-esteem, which helps them set and achieve goals, as well as face challenges and problems during adolescence (Bashir, 2020). Furthermore, according to (Hadjicharalambous & Demetriou, 2020), their results showed that aside from the parent's demographics; optimistic parental expectations of children's academic performance, family relationships, social skills, and self-esteem are significantly associated with authoritative parenting. In short, we can agree that cultural background has an impact on parents' decision-making regarding how they would raise their adolescents and improve their self-esteem. The overall discussion in this review article is visually represented by Figure 2.

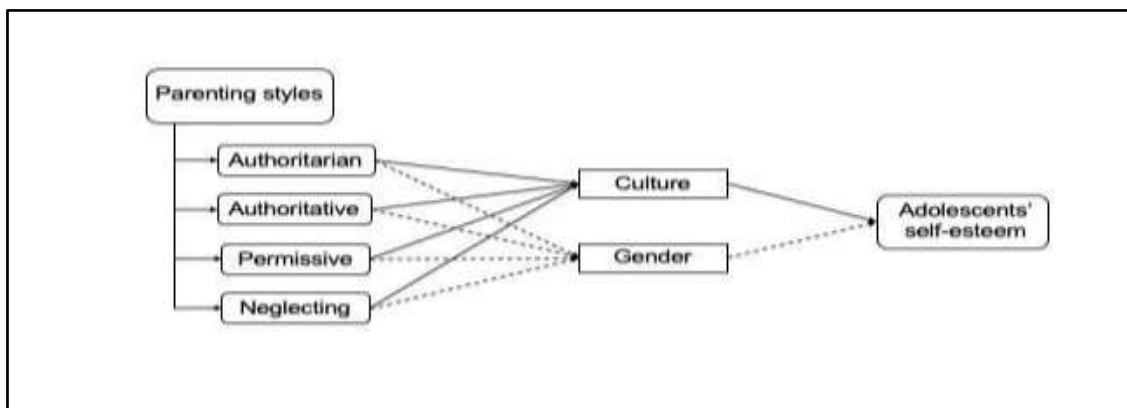


Figure 2: The influence of culture and gender on adolescents' self-esteem according to different parenting styles.

### Conclusion

Parenting styles could bring numerous benefits to adolescents which include self-esteem, one of the crucial factors for their development. Plus, with appropriate parenting styles, adolescents' development would be splendid in a way that not only pleases the parent but also the children themselves. Various factors influence parenting styles such as culture and gender differences. As stated earlier, by acknowledging the children's culture and gender, parents could identify which parenting style would best suit their children to ensure good development. Thus, parents should always act wisely by accepting that not only do they play an important role in shaping their children's development, but to also accept that their gender and cultural exposure could affect their parenting methods. In conclusion, parenting styles play a significant role in adolescents' development that is influenced by several factors such as culture and gender.

### Contribution of This Study

This study makes a vital theoretical contribution in articulating the underlying of the role in parenting styles on adolescents' self-esteem. We make a theoretical contribution by explaining relevant theories on self-esteem and attachments to improve the well-being and mental health among youth. As far as, the theoretical contributions of this paper are concerned, the study contributes to our understanding of some factors that have not been explored in-depth in previous literatures relating to self-esteem among adolescents. Hence, helping in developing a better understanding of the factors in which directly and indirectly impact on youth self-esteem is the key theoretical contribution of our research. In this regard

the finding of the present paper reinforce the necessity to develop an integrative conceptual models that acknowledge the relationship between self-esteem and relevant factors among adolescents. This study would help practitioners and researchers in the field of education and psychology to concentrate their efforts and investments better. This is particularly significant since existing literature is almost silent on the investigation essential psychological theories among adolescents.

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