

## Effect of Parental Resilience on Self Esteem

**Rupjyoti Bhattacharjee<sup>1</sup>, Juri Baruah<sup>2</sup>**

<sup>1</sup>Assistant Professor , Department of Human Development and Family Studies,  
College of Community Science, Assam Agricultural University, Jorhat, Assam, India  
rupjyoti.bhattacharjee@aau.ac.in

<sup>2</sup>Former HoD and Professor, Department of Human Development and Family Studies,  
College of Community Science, Assam Agricultural University, Jorhat, Assam, India  
baruahj@yahoo.com

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### Abstract

Parental resilience is the ability to gainfully cope with and bounce back from all types of challenges. Parental psychological well being and self –efficacy, family functioning and social connectedness are playing an important role in parent’s ability to deliver high quality parenting. In addition to these factors, how parent accommodate adversity and find meaning to their everyday life is an important process to understand parental resilience, Payne and Denny *et al.* (2015). Based on this background researcher attempts to examine the effect of parental resilience on self esteem of adolescent. The self constructed scale of parental resilience was administered. Result of the study revealed that demographic characteristics like education, occupation and income showed significant association with parental resilience. Significant positive correlation was found between resilience of mother and father. Highest percentage of adolescents possesses average range of self esteem. Resilient approaches of fathers and mothers throughout the journey of parenthood found to have a positive relationship with self esteem of adolescents. Two aspects of parental resilience namely problem solving and positive attitude have prominent positive effect on self esteem of adolescents, so based on the scores of these two aspects of parental resilience, the self esteem score of the adolescent can be predicted for a new adolescent sample.

**Keywords:** Resilience, Parental Resilience, Adolescents, Parents, Self esteem.

### 1. Introduction

Resilience is the capacity of a dynamic system to adapt successfully to disruptions that threaten system function, viability, or development (Masten, 2014). Resilience has been recognized as a very important notion in minimizing the effect of mental health adversities in different situations or tasks and efficiently maximises adaptability (Mccay et al, 2010). All the key theorists’ definitions of resilience contain two core ideas – that a person has experienced serious risk and has demonstrated positive functioning in some way. Definition proposed by Susana Gavidia-Payne et.al. 2015 in her research that parental resilience is the capacity of parents to deliver a competent and quality level of parenting to children despite the presence of risk factors. The ability of parents to cope with life's ups and downs acts as a model of coping behaviour for their children, which can aid in the development of important self-control and problem-solving skills. The ability of parents to solve issues cannot be used to assess their resilience. Parents are resilient when they can channel their inner strength to constructively confront personal and child-related obstacles, manage adversity, and heal the effects of trauma. This research is aimed to investigate the parental resilience and its effect on self esteem of adolescent.

Adolescence generally refers to the period in which a person is neither a child nor yet an adult. Adolescents worldwide today are often considered to be in a state of crisis. In our country also, approximately half of all adolescents are at moderate to high risk of engaging in one or more self-destructive behaviours. Some of these behaviours are caused by the multitude of social, emotional and physical changes adolescents are experiencing. They experience more powerful and diverse emotions than children and adults. Intense emotional changes affect adolescent's school performance, appearance, choice of friends and their ability to make appropriate life choices. According to Alsaker, and Kroger (2006), since parents and teachers play an important role in nurturing the lives of an adolescent, it is important that they should understand the major issues surrounding self-esteem. The roles which parents play in the lives of teenagers can have a beneficial or bad impact on the development of the adolescent's self-esteem. When a person is out into the world, he or she brings a set of attitudes and beliefs with

them. Development of self esteem is a vital function during adolescence. It makes the differences how an individual responds to success or failure. Self-esteem serves as the dependent rather than the independent variable (Wells & Marwell, 1976). A high self-esteem brings the high level of confidence, problem solving abilities and assertiveness needed to achieve success and a low self-esteem hamper our careers, love lives, family bonds and most importantly our internal sense of well being. Adolescents who have positive self-esteem have healthier, stronger relationships with others. The more an adolescent likes him or herself, the more he or she begin to acts in likable ways, the more one believe that he or she is able to achieve something the more likely to happen it. Numerous factors can influence one's self-esteem. In this today's fast-paced, competitive profit-obsessed modern society with technological advancement and liberalization, adolescents are confronted with more challenges, failing to overcome these challenges may lead to a negative concept building of self. Substance misuse, suicidal thought, involving in antisocial activities in adolescence period are becoming a major problem for the parent. Parents also confronts with a lot of stress factors—financial, emotional, relationship-oriented etc in their day to day life. It depends on individual parent how they overcome all these stressors and maintain a positive attitude towards life. The way parents respond in an adverse situation is much more important than the causal factor itself in determining the benefits for themselves and their children .Adolescent who have strong bonding with their parent have less chances of being involved in anti-social activities and have more mental strength to face the stressor in their life. Which ultimately lead to high self esteem. Individuals with high self-esteem display positive coping skills in adversity, thus decreasing the impact of stressful events (Abela & Skitch, 2007) and contributing to an overall capacity to be resilient. The connection between parental resilience and positive development outcomes and adaptability among adolescents is a major concern for today's academic world. With this perspective, the present study aims to analyze parental resilience with particular emphasis on four aspects of resilience: creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when needed. Self esteem of the adolescents of these parents was also measured to find out the relationship as well as the effect of parental resilience on self esteem of adolescents within the age range of 14-16 years.

### **Objectives**

- To study the difference of resilience between father and mother
- To find out the effect of parental resilience on self esteem of the adolescents

### **2. Materials & Methodology**

The sampling design used in the study was multistage sampling design. Central Jorhat, East Jorhat, Jorhat, North West Jorhat, and Titabor are the five educational blocks that make up Jorhat District. Two educational blocks, Jorhat and North West Jorhat, were selected among the five educational blocks for the study using a simple random sampling approach under the probability sampling technique for the researcher's convenience and to acquire information from a virgin population. A random lottery procedure was employed to choose the sample. Two Government co-educational schools were purposively selected depending on high enrolment percentage from each educational block. A total of 100 teenagers were chosen from four government co-educational schools. Adolescents in ninth and tenth grades who are 14-16 years old and have both parents were chosen for the study. The proper home addresses were collected from students and through telephonic conversation parents were communicated to seek their consent. Both fathers and mothers were considered separately for this study. Thus a total of 200 parents were included in the sample size. Self esteem of selected adolescent was measured by administering Likert-type state self-esteem scale developed by Heatherton, T. F. & Polivy, J. (1991). The Connor-Davidson Resilience Scale was used to create an interview schedule with 64 items to assess parental resilience. The interview schedule was created by considering four aspects of parental resilience, namely creatively solving problems, building promising relationships, maintaining a positive attitude, and seeking help when necessary. The research design used for the present study on “Effect of Parental Resilience on self esteem of adolescents” was Co relational research or Prospective Research Design. In this present study first researcher adopted an Explanatory design to find out the correlation between parental resilience and self esteem of adolescent as well as the correlation between resilience of father and mother. In the concluding part of the study Predictive design was followed by the researcher to access the effect of parental resilience on self esteem of adolescent.

### 3. Results and Discussion

Table 1 Gender wise distribution of parents according to the extent of parental resilience

Respondent	Mean	SD	Level of p resilience						Z test
			high		medium		low		
			f	p	f	p	f	p	
Father (N=100)	161.13	19.68	10	10	79	79	11	11	-2.37216*
Mother (N=100)	167.38	17.51	13	13	75	75	12	12	

\*Significant at 0.05 probability level

Meager percentage of fathers and mothers were found under high and low category. The distribution of father’s and mother’s resilience was in the same line with the distribution of parents as a whole. Being hailed from poor income, educational and occupational status, the parents selected for the study were leading an unexcited routine life without much stress and demand. The data indicated that the majority of the parents were having close friends with whom they can socialize, they never felt lonely, consequently led a contented life.

In the existing patriarchal family system, fathers are likely to shoulder the external responsibilities of earning for family maintenance, and mothers are entrusted with major responsibilities of running the family and looking after the children. Father is a decision-maker, whereas the mother has adopted a central role in domestic and care giving (Verma *et al.*, 2006). In the context of the present study due to poor level of family income, mothers had to manage the household within limited resources and had to meet the needs of children, namely food, clothing and study expenses. Moreover, when there is an adolescent child in the family the quality of parent-child interactions are relatively stressed and conflictual. Mastrotheodoros *et al.* (2019) stated that due to the generation gap between parents and their adolescents and inability of parents to appreciate their adolescents, conflicts develop. Higher levels of parent-adolescent conflict could have a negative impact on adolescents' and parents' psychological well-being and their satisfaction of life. This could cause higher levels of internalizing problems such as low self-esteem (Smetana *et al.*, 2006 and Pajckic, 2013). Since the mother is for most of the time at home, she has to face such conflicting situation more than the father. In contrary, it was found that adolescents' perceived quality of attachment with their mothers was higher than attachment with fathers (Devi *et al.*, 2017). Therefore they can easily express their anger, and demands to their mothers than the fathers. According to resilience theory research, it is critical to regulate an individual's immediate environment and encourage protective characteristics while dealing with demands and stressors. In other words, resilience isn't something people use solely when they're faced with difficulty. Protective factors can be nurtured as people are exposed to a variety of stressors on a daily basis. Thus the mothers developed resilience which was found to be significantly more than the fathers.

Table 2 Co-relations of different aspects of Parental resilience

Aspects of Parental resilience	Father				Mother			
	Problem solving	Trusting relationship	Positive attitude	Seeking help	Problem solving	Trusting relationship	Positive attitude	Seeking help
Problem solving	1	.210**	.501**	.050	1	.401**	.241**	.066
Trusting relationship		1	.087	.489**		1	.301**	.513**
Positive attitude			1	.064			1	.028
Seeking help				1				1

\*\* Correlation is significant at the 0.01 level (2-tailed).

Results of Pearson’s correlation coefficient analysis of various aspects of resilience shows that the aspect of problem solving is significantly correlated with trusting relationship and positive attitude both in case of father and mother. The aspect of trusting relationship is showing positive significant correlation with seeking help in both fathers and mothers. Trusting relationship shows positive significant correlation with positive attitude only in case of mothers.

Usually when a problem emerges, people try to spot the solution leading to a safe outcome. In order to reach an effective solution to a problem, one has to think positively and put himself in a more empowered place to deal with challenges. Then only these challenges can be viewed as less serious and solvable. A person with a positive attitude believes that even the worst situation can improve, and hence can take positive action to solve the problem. For example sharing the problem with others can be an excellent way to gain perspective, look for successful solutions, or simply express one’s emotions. Resilient people are always socially connected and have a network of friends, family members, co-workers, and online support groups. Having a solid support system is very important while dealing with crisis situation. But solving a problem or efficiently dealing with a crisis situation does not depend solely on the wide social connectivity unless it is built on trusting relationship. In the present study, building trusting relationship section deals with visiting friends and family, listen to their problems, care for family members, repayment of loan and paying bill on time while seeking help section deals with the aspects like use of internet, utilization of Government schemes, benefits of self help group and student concession. Maintaining a trusting relationship with others, having a solid support group and knowing when and whom to ask for help all are based on the positive attitude towards dealing with a problem situation. Resilient parents are able to fix all sorts of problems by seeking help at the time of need by out sourcing all the resources available, which may be the reason for high significant correlation between trusting relationships with immediate surroundings and seeking help at the time of need. Social relationship based on trust can be considered as one of the highly valued resources at the time of need. From the analysis, it can be inferred that although difference exists between fathers and mothers in weightage given to various aspects, owing to the significant inter-correlations between the aspects, the weightage difference would not make any changes in parental resilience.

**Table 3** Co-relation between parental resilience and self esteem of adolescent

Variables	Corelation coefficient (r-value)	Calculated t value
Father’s resilience Vs self esteem of adolescent	0.320**	t-value: 3.34365603
Mother’s resilience Vs self esteem of adolescent	0.368**	t-value: 3.91795342

\*\* Correlation is significant at the 0.01 level (2-tailed).

Table 3 shows a positive significant correlation between parental resilience (separately for fathers and mothers) and self esteem of adolescents. Both the coefficients of correlation are significant at .01% probability level with 98 degrees of freedom. Hence, it can be concluded that resilient approaches of fathers and mothers throughout the journey of parenthood have a positive correlation with self esteem of adolescents.

This finding is consistent with the result of Riggs, 2010 who found that positive parenting behavior could enhance adolescents' inherent self-esteem and further revealed that negative parenting behavior affected the adolescents' covert and overt self-esteem. Results already proved a positive correlation between parental resilience and self esteem of adolescents. However, this study considered parental resilience under four different aspects- problem solving, trusting relationship, positive attitude and seeking help. Multiple regression analysis was carried out to see the effect of these four different aspects of parental resilience on self esteem of adolescents.

**4. Effect of different aspects of parental resilience on self esteem of adolescents**

**Table 4** Multiple regression analysis of Self esteem of adolescents and four different aspects of Parental resilience

Predictor variables	Father					Mother				
	Beta coefficient	t	p	R	R <sup>2</sup>	Beta coefficient	t	p	R	R <sup>2</sup>
Problem solving	.475**	2.904	.005	.484	.202	.452**	2.647	.010	.418	.140
Trusting relationship	.121	.517	.606			.167	.826	.411		
Positive attitude	.853**	3.680	.000			.551*	2.282	.025		
Seeking help	-.171	-.510	.611			-.032	-.153	.879		

\*P < 0.05, \*\* p < 0.01

The results of multiple regression showed the effect of different aspects of parental resilience of Father and Mother separately on self esteem of adolescents. The two aspects (Problem solving and positive attitude) of both father and mother entered the analysis and emerged as significant predictors of self esteem of adolescent. This implies that the 2 aspects of father, namely problem solving  $t = 2.904$ ,  $p < .01$ , positive attitude  $t = 3.68$ ,  $p < .01$ , have contributed positively and significantly to the self esteem of adolescents and have emerged as a significant predictors of self esteem. A total of 20.2% variation was explained by all the aspects of independent variables (Parental resilience) of father towards the self esteem of adolescent. Further, in the case of mothers also, the same two aspects, namely problem solving  $t = 2.64$ ,  $p < .01$ , positive attitude  $t = 2.28$ ,  $p < .05$ , have contributed positively and significantly to the self esteem of adolescents and have emerged as significant predictors of self esteem. A total of 14% variation was explained by all the aspects of independent variables (Parental resilience) of Mother towards the self esteem of adolescent.

The result showed that the two aspects, namely problem solving and positive attitude of both father and mother have significantly contributed to the self esteem of adolescents. It can be inferred from this analysis that parent's problem solving ability in the areas of financial, social, familial, emotional, physical and positive attitude towards all the spheres of life have a positive effect on self esteem of adolescents. Parents' wise decision of solving various problems and positive approach influence the growing mind of adolescent children to boost their confidence level. Individuals' attitudes toward a certain object, subject, or idea can differ from one another, according to Kind *et al* (2007). One's attitude toward a thing determines whether the object is good or bad, damaging or beneficial, pleasant or unpleasant, significant or insignificant (Crano *et al.*, 2006). For these reasons creatively problem solving ability and positive attitude of parent have positive effect on the self esteem of adolescent which was found as one of the results of the present study. This finding of the study was inconsistent with Oluwatelure *et al.* (2010) that positive attitude as well as self esteem of adolescents has an effect from parents with high positive attitude. In other hand, other two aspects considered under parental resilience namely trusting relationship with family member, relatives, community member, service provider and seeking help from the services and facilities available for parents and adolescents have not significantly effected the self esteem of adolescent.

**5. Prediction of self esteem score of adolescents on the basis of parental resilience score of parents**

Findings reveal that two aspects of parental resilience, namely problem solving and positive attitude show a positive effect on self esteem of adolescents. Soon the basis of two aspects of parental resilience the score of the self esteem can be predicted for a new sample drawn from the same population.

Parent Sample 1- (From same population)

**Table 5** Prediction of self esteem score of adolescents on the basis of mother’s resilience score

Value of Intercept (a)	b1	X1 (problem solving)	B2	X2 (positive attitude)	Predicted Self esteem score
-1.664	.452	57	.551	36	69.7

Table 5 depicted that if the score of problem solving and positive attitude of mother is 57 and 36 respectively and by putting these scores in prediction analysis formula then the score of self esteem of her adolescent children will be 69.7. This predicted score has been restricted to the same population only, provided data of mother’s resilience will be collected on a longitudinal basis.

**Table 6** Prediction of self esteem score of adolescent on the basis of father’s resilience score

Value of intercept (a)	b1	X1 (problem solving)	B2	X2 (positive attitude)	Predicted Self esteem score
-7.166	.475	52	.853	38	49.9

Table 6 assumed that the score of self esteem of his adolescent children will be 49.9 if the score of problem solving and positive attitude of father is 52 and 38 respectively. The predicted score of self esteem has been restricted to the same population unless the data of father’s resilience will not be collected on a longitudinal basis.

## 6. Conclusion

Parental resilience is embedded in the everyday activities and routines of family members' lives, which offer experiences that will ensure optimum well-being and development in adolescents. Resilience is broadly consisting of both internal and external components, namely positive internal adaptation resulting from high self-esteem and external adaptation to adverse situations. Self-esteem refers to how an individual feels about himself or herself, more precisely an individual's overall positive evaluation of the self. Adolescence is a stage of transition from childhood to adulthood. The self esteem of an individual is more threatened during adolescence. Positive adult role models encourage high levels of self-esteem in adolescents, when concepts of self care are being changed and many self decisions are made. Future resilient parents are those who have been grown up by witnessing resilient behavior in their home environment during childhood. Therefore, in the present investigation it has been conceptualized that parental resilience which is reflected through diverse capacities like problem solving, building trusting relationship and seeking help at the time of need, positive attitude in dealing with various situations can influence the self esteem of adolescents. Significant differences exist between mother and father in parental resilience. Significant positive correlation was found between resilience of mother and father. The correlation between various aspects of parental resilience showed that the aspect of problem solving is significantly correlated with trusting relationship and positive attitude both in the case of father and mother. The aspect of trusting relationship is showing positive significant correlation with seeking help in both fathers and mothers. Trusting relationship shows positive significant correlation with positive attitude only in case of mothers. Resilient approaches of fathers and mothers throughout the journey of parenthood were found to have a positive relationship with self esteem of adolescents. Two aspects of parental resilience, namely problem solving and positive attitude were the significant predictors of adolescent's self esteem in case of both fathers and mothers. On the basis of the final conclusion that two aspects of parental resilience namely problem solving and positive attitude have prominent positive effect on self esteem of adolescents, so based on the scores of these two aspects of parental resilience, the self esteem score of the adolescent can be predicted for a new adolescent sample. These predicted scores have been restricted to the same population only, provided data of parental resilience will be collected on a longitudinal basis.

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