

## **The Relationship between Parenting Styles and Self esteem among Students at the University of Kerbala, College of Nursing**

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### **ABSTRACT**

A descriptive correlation design was used in the current study conducted to determine the relationship between parenting styles and self-esteem among students at the university of kerbala, college of nursing from the period of 11<sup>th</sup> October ,2023, to 30<sup>th</sup> May, 2024 .A purposive (non-probability) sample of 240 nursing students in all academic years were selected from college of nursing at university of kerbala. The data were collected through interviews using Parental Authority Questionnaire(30 items )and Rosenberg self- esteem scale(10 items) to measure the problem statement. Data were analyzed and interpreted through use application of Statistical Package for Social Sciences (SPSS), version (IBM 26). The result of the present study showed that there are significant correlation between parenting styles

(authoritative dimension, permissive dimension, and authoritarianism dimension) and self-esteem. The study concluded that students have moderate level of self-esteem and the study highlights a significant relationship between parenting styles and self-esteem. It means parents play a critical role in nurturing their children's self-esteem through a balance of support in their parenting approach. The study recommended preparing awareness programs through various media for parents about should be made aware of the different parenting styles and their impact on self-esteem and importance of parental styles because of its impact on their lives and jobs in the future. Understanding the significance of parenting styles can help parents make informed decisions on how to interact with their children to promote healthy self-esteem levels.

**Keywords: Parenting styles , Self-esteem**

العلاقة بين أساليب المعاملة الوالدية وتقدير الذات لدى طلبة جامعة كربلاء كلية التمريض

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### الملخص

تم استخدام التصميم الارتباطي الوصفي في الدراسة الحالية لتحديد العلاقة بين اساليب المعاملة الوالدية وتقدير الذات لدى طلبة كلية التمريض في جامعة كربلاء من الفترة من ١١ تشرين الأول ٢٠٢٣ إلى ٣٠ أيار ٢٠٢٤. تم اختيار عينة قصدية (غير احتمالية) مكونة من ٢٤٠ طالب تمريض من جميع السنوات الدراسية من كلية التمريض في جامعة كربلاء. تم جمع البيانات من خلال المقابلات باستخدام استبيان السلطة الأبوية (٣٠ فقرة) ومقياس روزنبرغ

لتقدير الذات (١٠ فقرات) لقياس بيان المشكلة. تم تحليل البيانات وتفسيرها من خلال استخدام تطبيق الحزمة الإحصائية للعلوم الاجتماعية (SPSS) الإصدار (IBM 26). أظهرت نتائج الدراسة الحالية وجود علاقة ارتباطية ذات دلالة إحصائية بين أساليب المعاملة الوالدية (البعد السلطوي، والبعد التساهل، والبعد الاستبدادي) وتقدير الذات. خلصت الدراسة إلى أن مستوى تقدير الذات لدى الطلبة كان متوسطاً ، وأبرزت الدراسة وجود علاقة ذات دلالة إحصائية بين أساليب المعاملة الوالدية وتقدير الذات. وهذا يعني أن الآباء يلعبون دوراً حاسماً في رعاية احترام أطفالهم لذاتهم من خلال توازن الدعم في نهجهم الأبوي. وأوصت الدراسة بإعداد برامج توعوية عبر وسائل الإعلام المختلفة لأولياء الأمور حول ضرورة توعية الوالدين بالأساليب الوالدية المختلفة وأثرها على تقدير الذات، وأهمية الأساليب الوالدية لما لها من تأثير على حياتهم ووظائفهم مستقبلاً إن فهم أهمية أساليب التربية يمكن أن يساعد الآباء على اتخاذ قرارات مستنيرة بشأن كيفية التفاعل مع أطفالهم لتعزيز مستويات احترام الذات الصحية.

**الكلمات المفتاحية: أساليب المعاملة الوالدية، تقدير الذات**

## Introduction

Self-esteem, the cornerstone of our confidence and sense of self-worth, begins to develop in childhood. It's no surprise then, that the way we're parented plays a significant role in shaping this crucial aspect of our personality. Research suggests a strong connection between parenting styles and self-esteem (Akram et al., 2024). This introduction delves into this relationship, exploring how different parenting approaches can influence a child's self-perception and overall well-being. We'll examine the positive impact of supportive styles like authoritative parenting, and explore the potential drawbacks of more restrictive or uninvolved approaches. By understanding these connections, we gain valuable insight into how parents can nurture a child's healthy self-esteem, laying the foundation for a fulfilling life.

## Methodology

**Study Design:** A descriptive correlation study design was conducted to determine the relationship between parenting styles and self-esteem among students at the university of kerbala, college of nursing. The study period started from the period of 11<sup>th</sup> October

,2023, to 10<sup>th</sup> May, 2024 .**Setting of the Study:** The study was conducted at the college of nursing, university of kerbala . **Sample Method and Sample size:** A non–probability (purposive sample) of 240 nursing students in all academic years were selected from college of nursing at university of kerbala.**AdministrativeArrangements:** The official authorities involved in this subject must receive a` formal request before the current research may be started in order to properly begin. A protocol for research design was established as part of the research procedure. The protocol included: title, objectives and questionnaire were presented to the Ethics Committee formed within the college of nursing, and therefore agreed to conduct the study. **Study Instrument:** The questionnaire was designed by researcher according to the previous studies related to variables included in current study. The researcher uses an instrument consisting of three parts demographic information data, Parental Authority Questionnaire and Rosenberg self– esteem scale to measure the problem statement **(Appendix A )** include:**PartI:Demographic Data:** The socio–demographic sheet includes student ' age, gender, marital status, study type , and monthly income.**Part II: Parental Authority Questionnaire:** A short version of the scale of Parental Authority Questionnaire was used, which was built by( **Buri ,1991**),the short version of the scale – which was used in the current study taken from the study of **(Bakri& Rimawi ,2019)** .It consisted of 30 items, (15) items for the father and (15) items for the mother covering three dimensions of parental Styles, the Authoritative, and the number of its items is 5 (1,3,6,9,12), while the permissive and the number of its items are 5 (4, 8, 11, 13, 15), and Authoritarian its number of 5 items (2, 5, 7, 10, 14) and the scale has two identical images, one of which measures the mother's treatment style , and the other measures the father's treatment style from the sons' point of view. The response was designed on the questionnaire using the Likert scale

method quintet, as follows: strongly agree, agree, neutral, disagree, strongly disagree. **Part III: Rosenberg Self-Esteem Scale** A self-reported questionnaire consisted of ten questions, which are divided into positive and negative items. Positively worded items are given a score from 4 (strongly agree) to 0 (strongly disagree). Negatively worded are reverse scored, from 4 (strongly disagree) to 0 (strongly agree). The total sum score for all 10 items ranges from 0 to 40, with higher scores representing higher self-esteem. This version of the scale which was used in the current study taken from Manual of psychological and educational standards and tests (Abu Assad, 2011). **Validity of the Questionnaire:** To make the instrument more valid. A copy of the questionnaire that was designed was provided to (8) experts from the faculty members at the College of Nursing/University of Karbala. They were asked to review the questionnaire the majority of experts agreed that the questionnaire was appropriately designed to measure the problem statement. Based on the experts' suggestions and recommendations, slight changes and modifications were made. **Pilot Study:** A pilot study is done before data collection, it was applied on (20) nursing students in all academic years at the university of Karbala, college of nursing. The average time taken was for answering questionnaire is nearly (10) minute, the pilot study was conducted from 10 November, 2023. The sample that was used in the pilot research is not included in the original study. **Reliability of the Instrument:** Cronbach's alpha coefficients were used to test reliability of the current study instrument. The result of the test showed acceptable and demonstrated construct validity. Cronbach's alpha 0.79 for Rosenberg Self-Esteem Scale, and Cronbach's alpha 0.75 for Parental Authority Questionnaire. **Data collection:** After the approval of faculty deanship of nursing, university of Karbala, participants were given the questionnaire and asked to fill it out in its entirety using the self-administer approach.

The data collect from nursing students in all academic years at the university of kerbala, college of nursing .The time for data collect was start from 8:30 a. m to 2:00 p.m. The data collection process has been performed from 4<sup>th</sup> to 20<sup>th</sup> December, 2023.**Data Analysis:** The data were analyzed and interpreted through use of the application of Statistical Package for Social Sciences (SPSS) ), version (IBM 22).

### Results:

**Table (1) Study Sample Demographic Data**

		F	%
Age	18-26	235	97.9
	26-34	4	1.7
	More than 34	1	.4
Gender	Male	87	36.3
	Female	153	63.7
Marital Status	Single	226	94.2
	Married	13	5.4
	Divorce	1	.4
Study type	Mooring	131	54.8
	Evening	108	45.2
Econimic status	Suffience	181	75.4
	Sime-suffince	53	22.1
	Unsuffince	6	2.5

f: Frequency, %: Percentage

The table (1 ) shows the highest proportion of individuals falls within the age group of 18-26 years (97.9%). Females constitute the majority gender (63.7%), indicating a higher representation compared to males. In terms of marital status, the majority are single (94.2%), reflecting a predominantly unmarried population. Among the study types, a slightly higher percentage of participants attend classes in the morning (54.8%) compared to evening sessions. Economically, a significant

portion of participants report having "Suffience" income (75.4%), followed by "Sime-suffince" (22.1%).

**Table (2) Assessment of Parenting Style**

Parenting Styles	Parenting Style				Assessment
	Mean	Std. Deviation	F	%	
Authoritative	1.8333	.63157	138	57.5	Moderate
Permissive	1.4000	.57711	50	20.8	Low
Authoritarianism	1.3208	.49388	52	21.7	Low

%, *Percentage* ,*Std: Standard deviation* Low (mean 1–2.33), moderate (mean 2.34–3.67), high (mean 3.68–5.1)

Table (2) manifests the items of assessment of parenting style; the average total means indicate that students facing a moderate level of authoritative (parenting styles), low level both permissive and authoritarianism parenting styles.

**Table (3) Overall Assessment of Self- esteem among Group**

Self- esteem	F	%	M	SD	Assessment
Low	46	19.2	30.2500	5.34461	Moderate
Moderate	110	45.8			
High	84	35			
Total	240	100.0			

Table (3) depicts the assessment of self- esteem among student. The average total means indicate that students have moderate level of self- esteem (Mean = 30.2500).

**Table (4) Correlation Between the Parenting Styles and Self-esteem**

Parenting Styles	Spearman's Correlation Parameters	Self-esteem
Parenting Style (Authoritative Dimension)	Correlation Coefficient	.258 <sup>**</sup>
	Sig. (2-tailed)	.000
Parenting Style (Permissive Dimension)	Correlation Coefficient	.262 <sup>**</sup>
	Sig. (2-tailed)	.000
	Sig. (2-tailed)	.225 <sup>**</sup>
Parenting Style (Authoritarianism Dimension)	Correlation Coefficient	.000
	Sig. (2-tailed)	.258 <sup>**</sup>

<sup>\*\*</sup>. Correlation is significant at the 0.01 level (2-tailed). <sup>\*</sup>. Correlation is significant at the 0.05 level (2-tailed). Sig= Significance

Table (4 ) indicates that there are significant correlation between parenting styles (authoritative dimension, permissive dimension, and authoritarianism dimension) and self- esteem.

**Table (5): Relationships between Self Esteem and their Demographic Data**

	Test	P-value	Relationship
Gender	self- esteem	X <sup>2</sup> = 9.629 X <sup>2</sup> = 7.934	.047 .019 S S



Marital Status		$X^2 = 1.884$	.757	NS
Study type		$X^2 = 4.886$	.087	NS
Income		$X^2 = 23.339$	.000	S

$\chi^2$ : Ch. square; Sig.: Significance

Table(5) indicates that there is significant relationship between self esteem and demographic data (age,gender , and economic status) at(p-value =0.000) of each them and there is no significant relationship between self esteem and marital status.

### Discussion:

The result of the current study mentioned that the average total means indicate that students facing a moderate level of authoritative(parenting styles),low level both permissive and authoritarianism parenting styles. The findings of the current study agree with findings study of researchers Mahdi & Dakhil (2024) ; Bakri & Rimawi (2019) who reported that the level of the authoritative dimension of parenting styles of both parents was moderate , this results symmetry with present study. Concerning assessment of Self- esteem among group the study found that students have moderate level of self- esteem. The present study findings agree with study of researchers Fawzy et al. (2020) ; Almansour (2023) who reported students had a moderate level of self-esteem this results symmetry with present study. The present study findings disagree with study Ibrahim (2015) showed that the students have a high level of self-esteem.Regarding correlation between the parenting styles and self-esteem, the outcomes of current study show that there are significant

correlation between parenting styles (authoritative dimension, permissive dimension, and authoritarianism dimension) and self-esteem. This finding is consistent with the study conducted by Dosumu et al.( 2020) showed that there are significant relationship between authoritative parenting style with adolescent self-esteem . Also studies done by Vakili & Hoseini.(2020) ; Aremu et al.(2019) showed that there are significant relationship between parenting styles and self-esteem ,these results consistent with current results. According to relationship between Self-esteem and their demographic data. our results found that that there is significant relationship between self-esteem and age ,gender and economic status. The present study findings agree with the study conducted by Haq (2016) that showed there is significant relationship between self-esteem and age ,gender and economic status. The present study findings inconsistent with a study conducted by Egwurugwu et al. (2017) that showed there is no significant relationship between self-esteem and gender. Also with previous studies that conducted by Raja& Sajit (2018) that showed there is no significant relationship between self-esteem and age and gender. Regarding to other demographic data the study results indicated there is no significant relationship between self esteem and marital status. This results of current study was similar with study conducted by Koleoso et al.( 2016) which showed there is no significant relationship between self-esteem and marital status.

**Conclusions:** The study concludes highlights a significant relationship between parenting styles and self- esteem. It means parents play a critical role in nurturing their children's self-esteem through a balance of support and structure in their parenting approach.

**Recommendations:**

1 . Urge parents to use the authoritative style, stands out as the most effective style for promoting positive self-esteem in children ,and it is a

style that is considered to be more beneficial and most optimal parenting style.

2. The study recommends preparing awareness programs through various media for parents about should be made aware of the different parenting styles and their impact on self-esteem and importance of parental styles because of its impact on their lives and jobs in the future. Understanding the significance of parenting styles can help parents make informed decisions on how to interact with their children to promote healthy self-esteem levels

3. Creating a supportive and nurturing environment at home is crucial self-esteem. Parents should aim to provide emotional support, encouragement, and clear communication to help their children develop a strong sense of self-worth.

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### Appendix A

#### Questionnaire of the Study- Arabic

جامعة كربلاء كلية التمريض

تحية طيبة ...

الطلبة الاعزاء بين ايديكم استبانة لدراسة :

#### The Relationship between Parenting Styles and Self-esteem among Students at the University of Karbala College of Nursing

العلاقة بين أساليب المعاملة الوالدية وتقدير الذات لدى طلبة جامعة كربلاء كلية التمريض "

راجين منكم ملئها بحرص وعناية، وان تكون الإجابة على جميع الأسئلة وضرورة عدم ترك اي سؤال علما أنه سيتم التعامل مع البيانات الواردة فيها بسرية تامة وستكون مجهولة المصدر ولا تحتوي على فقرة الاسم وتستخدم لأغراض البحث العلمي حصراً مع فائق الود والاحترام. هل توافق على المشاركة ؟

لا ☐

نعم ☐

إذا كانت الإجابة بنعم رجاء اكمل الاستبيان

رقم الاستبانة

القسم الاول : المعلومات الديمغرافية

يرجى وضع علامة (√) في المربع المناسب وإعطاء إجابات حيثما تم تحديد ذلك

ت	الصفة	الاستجابة
١.	العمر	
٢.	الجنس	ذكر

	أنثى		
٣.	اعزب   عزباء	الحالة الاجتماعية	
	متزوج   متزوجة		
	مطلق   مطلقة		
	أرمل   أرملة		
٤.	صباحي	نوع الدراسة	
	مسائي		
٥.	يكفي	المستوى المعيشي	
	بالكاد يكفي		
	لا يكفي		

#### القسم الثاني: مقياس أساليب المعاملة الوالدية

ت	العبارات المتعلقة بالأب	وافق بشدة	وافق	محايد	لا اوافق	لا اوافق بشدة
١.	يفرض أبي رأيه بشدة إثناء المناقشات					
٢.	يوجه أبي سلوكي بطريقة نظامية					
٣.	يغضب أبي مني عندما أحاول مخالفته الرأي					
٤.	يهمل أبي مشكلات أبنائه داخل الأسرة					
٥.	يعمل أبي على تعزيز الثقة المتبادلة بيني وبينه					
٦.	أبي يتصيد أخطائي					
٧.	أبي يعزز لدي الشعور بالمسؤولية					
٨.	لا يتدخل أبي بما افعله					
٩.	يعاقبني أبي عندما لا أحقق طموحاته					
١٠.	أبي يراعي حاجات افراد الأسرة					
١١.	يتصف أبي بأنه غير قادر على تنظيم					

					أمور الأسرة	
					يجبرني أبي على تنفيذ ما يريد مني	١٢.
					تتسم قرارات أبي بعدم المسؤولية واللامبالاة	١٣.
					يعمل أبي على تحقيق التآلف داخل الأسرة	١٤.
					يتهرب أبي من المسؤولية	١٥.
ت	الفقرات المتعلقة بالام	وافق بشدة	وافق	محايد	لا	لا
						وافق بشدة
					تفرض أمي رأيها بشدة اثناء المناقشات	١.
					توجه أمي سلوكي بمنطق و نظام	٢.
					تغضب أمي مني عندما أحاول مخالفتها الرأي	٣.
					تهمل أمي مشكلات الأبناء داخل الأسرة	٤.
					تعمل امي على تعزيز الثقة المتبادلة بيني وبينها	٥.
					أمي تتصيد أخطائي	٦.
					أمي تعزز لدي الشعور بالمسؤولية	٧.
					لا تتدخل امي بما افعله	٨.
					تعاقبني امي عندما لا احقق طموحاتها	٩.
					تراعي امي حاجات افراد الأسرة	١٠.
					تتصف امي بأنها غير قادرة على تنظيم أمور الأسرة	١١.
					تجبرني امي على تنفيذ ما تريد مني	١٢.
					تتسم قرارات امي بعدم المسؤولية واللامبالاة	١٣.
					تعمل امي على تحقيق التآلف داخل الأسرة	١٤.
					تتهرب أمي من المسؤولية	١٥.

فضلاً..... تأكد من انك أجبت على جميع العبار