



INTERNATIONAL JOURNAL OF PHARMACEUTICAL RESEARCH AND BIO-SCIENCE

A STUDY TO ASSESS THE PARENTAL ATTACHMENT AND SELF-ESTEEM AMONG ADOLESCENTS OF SELECTED COLLEGES AT TIRUPATI

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Accepted Date: 16/08/2014; Published Date: 27/08/2014

Abstract: Parental attachment increases the adolescents self worth, self-esteem, trust and security. The parents can initiate positive contact with the adolescent in a number of ways like psychological, physical and social interaction. These interactions thought to contribute more attachments than responses to the adolescent physical needs. The more social interactions parent has with an adolescent, the more likely it is that an attachment will form, and the more loveable the adolescent feel. Parental attachment is important to the building of self-esteem. In this present study to assess the parental attachment and self-esteem, modified Kenny Parental Attachment Questionnaire and Immanuel Thomas Self-Esteem Inventory used. The results revealed that among 100 adolescents, 9(9%) had moderate parental attachment, 42(42%) had much parental attachment, and 49(49%) had very much parental attachment. There was a statistically significant association between the parental attachment with Age ($p=0.020$), Gender ($p=0.000$), participants educational standard ($p=0.050$). And among 100 adolescents, 5(5%) had low self-esteem, 32(32%) had average self-esteem, and 63(63%) had high self- esteem. There was a statistically significant association between the self-esteem with Age ($p=0.050$), participants educational standard ($p=0.049$) pocket money/ month ($p=0.013$). There was a positive correlation coefficient (r) between the parental attachment and self-esteem $r = 0.612$ at $p=0.000$ level.

Keywords: Parental attachment, Self-esteem



PAPER-QR CODE

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Access Online On:

www.ijprbs.com

How to Cite This Article:

Bhagyalakshmi M, V Padma, Hemalatha S, Sudha Rani P; IJPRBS,
2014; Volume 3(4): 749-753

INTRODUCTION

Adolescence is the period of transition from childhood to adulthood, as age of major growth and development in which significant physiological, cognitive, psychological and behavioral changes take place, such as developing an identity and becoming independent.¹ Adolescents benefit from parental support that encourages autonomy, continued monitoring and emotional connectedness. Specific parenting skills that promote attachment, security and autonomy, self esteem development include psychological availability, warmth, active listening, behavior monitoring, limit setting, acceptance of individuality, and negotiation of rules and responsibilities.² Children and adolescents hostility towards parental figures because of insignificant parental attachment often leads to low- self-esteem in adolescence, which seems to result in deviant behavior to compensate for their insecurities.³

Adolescence is a period of intense and rapid development and is characterized by numerous developmental tasks including gaining new and more mature relationships with others, when adolescent development is successful, there is a biologically mature individual equipped with the capacity to form close relationships and the cognitive and psychological resources to face the challenges of adult life.⁴

Parental attachment increases the adolescents self worth, self-esteem, trust and security. The parents can initiate positive contact with the adolescent in a number of ways like psychological, physical and social interaction. These interactions thought to contribute more attachments than responses to the adolescent physical needs. The more social interactions parent has with an adolescent, the more likely it is that an attachment will form, and the more loveable the adolescent feels. Parental attachment is important to the building of self-esteem.³

MATERIALS AND METHODS:

A non – experimental descriptive design was adopted for the study. The population chosen for this study was adolescents 15-18 years who were falling under inclusion criteria. **100** adolescents who fulfill inclusion criteria.. Probability simple random sampling technique was adopted

Research tool contains three sections:Section - I – Socio demographic data, Section - II – Modified Kenny Parental Attachment Questionnaire, Section-III – Immanuel Thomas Self Esteem Inventory. Data was collected by using structured interview schedule within the time period of 4 weeks

RESULTS:

Table 1: Frequency and percentage distribution of level of parental attachment among adolescents

Sl.No	Level of parental attachment	Frequency	Percentage
1.	Moderate parental attachment	9	9%
2.	Much parental attachment	42	42%
3.	Very much parental attachment	49	49%

Table -1 Depicts that 9(9%) had moderate parental attachment, 42(42%) had much parental attachment, and 49(49%) had very much parental attachment

Table 2: Frequency and percentage distribution of level of self-esteem among adolescents

Sl.No	Level of self esteem	Frequency	Percentage
1.	Low self-esteem	5	5%
2.	Average self-esteem	32	32%
3.	High self-esteem	63	63%

Table-2 Depicts that 5(5%) had low self-esteem, 32(32%) had average self-esteem, 63(63%) had high self- esteem

Table: 3 Mean and Standard deviation of overall parental attachment and self-esteem among adolescents

	MEAN	STANDARD DEVIATION
Over all parental attachment	226.92	24.76
Over all self-esteem	97.32	13.65

Table-3 depicts that related to over all parental attachment, mean value was 226.92 and standard deviation was 24.76 and over all self-esteem, mean value was 97.32 and standard deviation was 13.65

Table 4: Correlation between parental attachment and self-esteem among adolescents

	Correlation value (r)	P value	Significance
Parental attachment v _s Self-esteem	0.612	0.000	**

Table 4: depicts that there was a positive correlation coefficient (r) between the parental attachment and self-esteem, r= 0.612 at p=0.000 level.

DISCUSSION:

The purpose of the study is to assess the parental attachment and self-esteem among adolescents of selected colleges Tirupati. It is presented in the view of the objectives of the study.

Objective 1: To assess the parental attachment and self esteem among adolescents.

Among 100 adolescents, 9(9%) had moderate parental attachment, 42(42%) had much parental attachment, and 49(49%) had very much parental attachment. Among 100 adolescents, 5(5%) had low self-esteem, 32(32%) had average self-esteem, 63(63%) had high self- esteem.

The results of the present study were supported by the earlier study carried out by Anubha dhal, sangeetha Bhatia et al (2007)⁵ on self-esteem, loneliness and attachment styles among adolescents in public school. The results revealed that there was high level of self-esteem were

formed securely attached adolescents, while those with low self-esteem had preoccupied and fearful attachment.

The results of the present study were supported by the earlier study carried out by Arbona, Thomas G. et al (2003)⁶ on mother and father attachment to self-esteem and self-reported involvement in antisocial behaviours among African American (n=488), European American (n=661), and Mexican American (n=434) high school students. Findings indicated that adolescents from the three ethnic/racial groups did not differ greatly in their reported attachment to father and mother. Securely attached adolescents from the three ethnic groups had a more positive sense of self-esteem

Objective 2: To correlate the relationship between parental attachment and self-esteem.

Calculated the correlation coefficient (r) between the parental attachment and self-esteem. It was found that a positive correlation that is $r=0.612$ occurred at $p=0.000$ level. This correlation was significant and indicates positive a relationship between the parental attachment and self-esteem.

The results of the present study were supported by the earlier study carried out by Mrudu KB (2012)⁷ on parental attachment and self-esteem among adolescents. The result revealed that there was statistically significant positive correlation between overall parental attachment and self-esteem ($r=0.289$, $p=0.004$). The study concluded that parental attachment and self-esteem are important areas of adolescent health and are interrelated.

Objective 3: To find out the association between parental attachment and self-esteem of the adolescents with their demographic variables.

The parental attachment results revealed that there was a statistically significant association between the parental attachment with Age ($p=0.020$), Gender ($p=0.000$), participants educational standard ($p=0.050$).

There was no statistically significant association between the parental attachment with other demographic variables like religion, medium of education type of residence, pocket money/month, practicing yoga/gym/exercises, scholarship, scholarship amount, father's education, mother's education, father's occupation, mother's occupation, family income per month, type of family and area of living.

The self-esteem results revealed that there was a statistically significant association between the self-esteem with Age ($p=0.050$), participants educational standard ($p=0.049$) pocket money/month ($p=0.013$).

There was no statistically significant association between the self-esteem with other demographic variables like gender, religion, medium of education, type of residence, practicing yoga/gym/exercises, scholarship, scholarship amount, father's education, mother's education, father's occupation, mother's occupation, family income per month, type of family and area of living.

The results of the present study were supported by the earlier study carried out by Claudia Q, MA and Scott Huebner⁸ on attachment relationships and adolescent life satisfaction. The results revealed that there was a statistically significant association between attachment relationships and adolescent life satisfaction with age and gender ($p=0.05$).

CONCLUSIONS:

In this study among 100 adolescents 9(9%) had moderate parental attachment, 42(42%) had much parental attachment, and 49(49%) had very much parental attachment and among 100 adolescents, 5(5%) had low self-esteem, 32(32%) had average self-esteem, 63(63%) had high self-esteem. This study suggests that there is a positive relationship between parental attachment and self-esteem. Parental attachment increases the adolescents self worth, self-esteem, trust and security. The parents can initiate positive contact with the adolescent in a number of ways like psychological and social interaction is thought to contribute more to attachments than responses to the adolescent physical needs. The more social interactions parents has with a adolescent, the more likely it is that an attachment will form, and the more loveable the adolescent feels, this is important to the building of self-esteem. Nurses working in a clinical and community areas should engage themselves to address the psycho social needs of the adolescents and take measures to develop good parental attachment and to improve self-esteem so that an adolescent can lead a life successfully.

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