

# A Descriptive Study to Assess the Relationship of Parental Bonding with Self-Esteem of Adolescents in Selected Schools at Haridwar (U.K.)

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## Abstract

Adolescence is a critical developmental stage characterized by identity formation and emotional changes. Self-esteem plays a significant role in shaping adolescent behaviour and mental well-being, while parental bonding acts as a key influencing factor.

The present study aimed to assess the relationship between parental bonding and self-esteem among adolescents in selected schools of Haridwar (U.K.). A quantitative, non-experimental descriptive survey design was adopted. A total of 100 adolescents were selected using a non-probability purposive sampling technique. Data were collected using a demographic proforma, Parental Bonding Instrument, and Rosenberg Self-Esteem Scale.

The findings revealed that the majority of adolescents had normal self-esteem (80%) and were under affectionless control parenting (72%). No significant association was found between self-esteem and selected demographic variables. However, a positive correlation was observed between parental bonding and self-esteem.

The study concludes that better parental bonding contributes to improved self-esteem among adolescents, highlighting the importance of strengthening parent-child relationships.

**Keywords:** Adolescents, Parental Bonding, Self-Esteem, Mental Health, Parenting

## 1. Introduction

Adolescence is a transitional phase marked by biological, psychological, and social changes. During this stage, individuals develop identity, self-concept, and emotional stability. Self-esteem, defined as an individual's evaluation of self-worth, plays a crucial role in determining behavior and mental health outcomes.

Parental bonding significantly influences adolescent development. Secure attachment fosters confidence, emotional stability, and positive self-perception, whereas poor bonding may lead to low self-esteem and psychological issues.

Understanding this relationship is essential for improving adolescent mental health and guiding interventions in school and community settings.

## 2. Objectives of the Study

1. To assess the level of self-esteem among adolescents
2. To assess parental bonding among adolescents
3. To determine the association between self-esteem and selected demographic variables
4. To find the correlation between parental bonding and self-esteem

## 3. Methodology

A **quantitative research approach** with a **non-experimental descriptive survey design** was used.

### 3.1 Sample and Sampling Technique

- Sample size: 100 adolescents
- Sampling method: Non-probability purposive sampling
- Setting: Selected schools at Haridwar

### 3.2 Tools for Data Collection

- Demographic Proforma
- Parental Bonding Instrument (PBI)
- Rosenberg Self-Esteem Scale

### 3.3 Data Analysis

Data were analysed using:

- Descriptive statistics (frequency, percentage)
- Inferential statistics (correlation tests)

## 4. Results

### Results

The present study was conducted among 100 adolescents studying in selected schools of Haridwar (U.K.) to assess the relationship between parental bonding and self-esteem.

#### 4.1 Distribution of Demographic Variables

The demographic analysis revealed that the majority of adolescents (46%) belonged to the age group of 14–16 years, followed by other age groups. Equal representation of gender was observed, with 50% males and 50% females.

With regard to religion, the majority of participants (86%) were Hindus. In terms of educational status, most of the adolescents (33%) were studying in 10th standard, while 22% were in 8th standard.

The occupational status of parents showed that the majority of fathers (46%) were engaged in various occupations, whereas a large proportion of mothers (90%) were homemakers.

Regarding family income, 42% of the participants belonged to families earning below ₹5000 per month. Most adolescents (60%) belonged to joint families, while 40% were from nuclear families.

It was observed that 99% of the parents were living together. Additionally, 38% of adolescents had more than three siblings in their families.

#### 4.2 Distribution of Self-Esteem among Adolescents

The analysis of self-esteem levels revealed that the majority of adolescents (80%) had **normal self-esteem**. A smaller proportion exhibited either low or high levels of self-esteem.

This indicates that most adolescents fall within an average range of self-worth and self-perception.

#### 4.3 Distribution of Parental Bonding

The findings related to parental bonding showed that a significant majority of adolescents (72%) experie-

nced **affectionless control parenting**, which is characterized by low care and high overprotection. Other patterns of parental bonding were observed in smaller proportions among the participants.

#### 4.4 Association between Self-Esteem and Demographic Variables

The association between self-esteem and selected demographic variables such as age, gender, religion, educational status, occupation of parents, family income, type of family, marital status of parents, and number of children in the family was analyzed.

The results indicated that **no statistically significant association** was found between self-esteem and any of the selected demographic variables.

This suggests that self-esteem among adolescents in this study was not influenced by these demographic factors.

#### 4.5 Correlation between Parental Bonding and Self-Esteem

The correlation analysis revealed that there was a **positive correlation between parental bonding and self-esteem among adolescents**.

This indicates that adolescents who experienced better parental bonding tended to have higher levels of self-esteem.

### 5. Discussion

The findings indicate that parental bonding plays a significant role in shaping adolescent self-esteem. Adolescents experiencing positive parental interaction tend to have better emotional adjustment and self-worth.

The absence of association between demographic variables and self-esteem suggests that parenting factors may have a stronger psychological influence than socio-demographic characteristics.

These findings are consistent with previous studies emphasizing the importance of secure attachment and supportive parenting in adolescent development.

### 6. Conclusion

The study concludes that there is a significant positive relationship between parental bonding and self-esteem among adolescents. Strengthening parent-child relationships can enhance adolescent mental health and overall well-being.

### 7. Recommendations

- Conduct parental awareness programs
- Implement school-based counselling interventions
- Promote family-centred mental health education
- Further research with larger samples and different settings

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