

Parenting Styles, Self-esteem, and Interpersonal Skills

Xingxing Li

Philippine Christian University, Malate, Manila, Philippine, 1004

Abstract: This research focuses on parenting styles, self-esteem and interpersonal skills. Firstly, through the review of previous literature, the relevant concepts of family parenting style and self-esteem are described, and the theoretical significance of family parenting style and self-esteem is understood. Secondly, the analysis of the relationship between family parenting style, self-esteem and interpersonal skills shows that family parenting style is related to interpersonal skills, and democratic family parenting methods can promote the development of interpersonal skills. Family parenting style is related to self-esteem, and democratic family parenting style has a positive effect on the cultivation of self-esteem ability. Self-esteem is correlated with interpersonal skills, people with high self-esteem perform better in interpersonal skills, and self-esteem plays a part-mediating role between family parenting style and interpersonal skills. Therefore, parents can cultivate and improve their children's interpersonal skills by adopting scientific parenting methods and maintaining their children's self-esteem.

Keywords: Parenting styles; Self-esteem; Interpersonal skill.

1. Introduction

With the development of economy and society, people's living standards have been continuously improved, and everything is progressing. In this environment, the development of the modern individual cannot be ignored. The development of modern individuals is inseparable from the influence of family, society and other factors. Family as the first school for people's growth and development, its role can not be ignored. Parents are a child's first teacher, and the way parents raise their children affects their children's development throughout their lives. The development of a child's character and interpersonal skills later in life are closely related to the parenting style. Therefore, we analyze the relationship between family parenting styles, self-esteem and interpersonal skills, and make suggestions, hoping to give some help to the cultivation of children's self-esteem and interpersonal skills.

2. Statement of relevant concepts

2.1 Overview of family parenting styles

At present, it is not comprehensive to think that the family parenting model only includes the parenting mode and attitude of the parents, and it should also include the family atmosphere formed by various educational elements. Similarly, it is inappropriate to assume that the impact of family education on children is limited to young age. The impact of family education on people will last a lifetime (Yang Benyuan et al. , 2004).^[1] Zhang Weili (2022) believes that young children are in a critical period of character formation, strong plasticity, greatly influenced by family parenting styles, and different types of parenting styles have different effects on the formation of children's personalities.^[2] Family parenting styles can be divided into four types. (1) Democratic type. Parents respect their children. They give their children a degree freedom. (2) Authoritarian type. Parents demand absolute obedience from their children. Parents ask their children to do what they ask, do not pay attention to their children's psychology. (3) Connivance type. Parents dote on their children without limit. (4) Neglect type. Parents do not care about their children's psychology and behavior.

2.2 Overview of self-esteem

Self-esteem, is a person's evaluation of all aspects of themselves, indicating their positive or negative attitude (Baumeister R F et al. , 1993).^[3] The level of self-esteem reflects students' overall feeling of self-worth and self-acceptance. Among many

influencing factors, family factors are the initial source of individual differences and have the greatest influence. With the deepening of people's understanding of family education, parenting style is important to the society. Zhang Wenxin & Lin Chongde(1998) found that there was a correlation between the self-esteem level of adolescents and the factors of parenting styles.^[4]

3. Family parenting style, self-esteem and interpersonal skills relationship analysis

3.1 The relationship between family parenting style and self-esteem

The analysis of the results of Ji Yanting (2018) showed that there was a significant correlation between family parenting style and self-esteem.^[5] Zhang Lihua & Yang Lizhu (2003) found in the study of children's groups that the parenting style is an important factor affecting children's self-esteem, democratic family parenting style plays a positive role in children's self-esteem development, and doting family parenting style has a negative effect on children's self-esteem development.^[6]

3.2 The relationship between self-esteem and interpersonal skills

According to Luo Min's (2012) study, there is a significant correlation between interpersonal ability and self-esteem, and it was found through the self-esteem scale test that the higher the self-esteem score, the higher the interpersonal ability score. People with high self-esteem generally rate their interpersonal skills, including relationship status, ability to solve things, etc.^[7] The level of self-esteem affects interpersonal skills. When a person's self-esteem is higher and has high self-esteem, they will be more confident to meet new people and communicate with others. People with high self-esteem can handle things more calmly. People with high self-esteem will perform better in interpersonal skills than people with low self-esteem. People with low self-esteem tend to be on the sacrificial side in interpersonal interactions.

3.3 The relationship between interpersonal skills and family parenting style

Zhang Yan & Gong Li(2019) believe that family parenting style affects interpersonal skills, and family parenting styles are significantly negatively correlated with college students' interpersonal communication dimensions in the dimension of emotional warmth and understanding, and other dimensions are significantly positively correlated with college students' interpersonal communication skills (excluding communication aspects).^[8] Regarding the family parenting style, we can divide it into democratic, authoritarian, conniving and neglectful type. A number of previous studies have shown that parents who pay more attention to their children's growth and are more tolerant of their children are more conducive to their children's development, while stronger, self-centered parents are more likely to cause psychological problems in their children, resulting in weak interpersonal skills. Therefore, we can think that democratic family parenting is more conducive to the cultivation of children's interpersonal skills.

3.4 The mediating effect of self-esteem in family parenting style and interpersonal skills

According to Luo Min (2012), self-esteem plays a partial mediating role between parenting styles and interpersonal relationships. Since there is a correlation between family upbringing and self-esteem, and between self-esteem and interpersonal skills, we can think of self-esteem as having a partial mediating effect between family parenting style and interpersonal skills.^[7] The influence of parenting style on interpersonal skills is partly due to self-esteem, the mediating variable. The warmer the parenting style, the higher the level of self-esteem and the stronger the interpersonal skills of children who grow up in this environment.

4. Summary and Suggestion

Through the above relevant analysis of family parenting style, self-esteem and interpersonal skills, we can conclude that the better the family parenting style, the higher the child's self-esteem score; The better the family parenting style, the stronger the child's interpersonal skills; The influence of parenting style on interpersonal skills is achieved in part by self-esteem. Therefore, parents should cultivate their children's self-esteem and improve their children's interpersonal skills through the following means.

4.1 Adopt scientific upbringing methods to cultivate a good family atmosphere.

When children come to the world, the closest people are their parents. Therefore, parents should adopt scientific family parenting methods, cultivate a good family atmosphere, and let their children feel warm from every word and deed. Family parenting styles that are conducive to cultivating children's interpersonal skills are authoritative and democratic. The authoritative type is different from the authoritarian type. Authoritative family parenting means that parents give full care to their children, especially their children's emotional needs, but in terms of children's behavioral norms, they will clearly stipulate and

agree with their children. Parents will communicate with their children in daily life about what can be done, what can never be done, and what parents expect their children to do. If the child meets the expectations of the parents, he will be rewarded, and if the child breaks the rules, he will be punished. When parents adopt an authoritative family parenting style, they should pay attention to the fact that the requirements put forward must be reasonable, and easy to understand, the way they are proposed must be appropriate, and the consequences of violating the rules must be clear. The democratic family parenting style is that parents are willing to respect the development of their children in a relatively equal posture. The democratic family parenting method must be adopted when the family already has a good atmosphere, and parents must have a harmonious communication with their children in advance. If the two parenting styles can be reasonably used, children who grow up in this environment will be more lively and confident, and can face life with an optimistic and positive attitude. In this way, the child will not only have high self-esteem, but also have good interpersonal skills.

4.2 Pay attention to children's psychological changes and maintain children's self-esteem

At each stage of a child's growth, the child's contact with external things is different, and the psychology will also change. Parents should care about their children's psychological changes. Parents should recognize their responsibilities, maintain communication with their children. Once it is found that there may be psychological problems in the child, parents should communicate with the child, gently guide the child, help the child overcome the inner problem, and ensure that the child has a healthy psychology. Self-esteem is a very important factor in a child's mental health. Pay attention to maintaining children's self-esteem in daily life, do not scold children in public, encourage and motivate children, and let children have their own self-esteem. Encourage children to have their own independent personality, let children know that everyone is equal and everyone has equal rights. Through the cultivation of children's self-esteem, children are not humble and have good interpersonal skills when getting along with others.

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