

Predicting the Impact of Perceived Fathers' Parenting Styles on Self-Esteem and Subjective Well-Being among Adolescents in Bandung

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Abstract. Fathers' parenting styles significantly impact adolescents' psychological development, with positive father involvement correlating with enhanced self-esteem and subjective well-being. This investigation explored the connection between paternal parenting approaches and the self-esteem and subjective well-being of adolescents in Bandung City. Fathers' parenting styles were conceptualised across six core dimensions: warmth, structure, autonomy support, rejection, chaos, and coercion. Employing a quantitative research design, the study sampled 390 adolescents using convenience sampling. Measurement instruments included the Satisfaction With Life Scale (SWLS), Positive and Negative Affect Schedule (PANAS), Coopersmith Self-Esteem Inventory (CSEI), and Parent As Social Context Questionnaire (PSCQ). Multivariate Analysis of Variance (MANOVA) was utilised for data analysis. Findings revealed statistically significant associations between fathers' parenting styles and adolescents' self-esteem and subjective well-being.

Keywords: Fathers' parenting styles; self-esteem; subjective well-being

1 Introduction

Adolescence is a critical developmental period during which adolescents undergo mental, physical, and psychological changes [1]. Contemporary adolescents face various complex lifestyle choices, and many are not provided with the opportunities and support necessary to become competent adults [2]. Adolescents' self-esteem is crucial to their growth and coping with difficulties encountered [3]. Adolescents with high self-esteem comfortably accept reality, do not blame themselves for problems, and believe that, ultimately, their experiences result from their own decisions [4]. Furthermore, social support significantly influences adolescents' subjective well-being [5]. Adolescents with high levels of social support and positive activities are categorised as having high subjective well-being [6]. In Bandung, adolescents' self-esteem and subjective well-being are generally influenced by social, educational, and cultural environments [5]. Fathers' active, positive involvement in parenting is crucial for both male and female adolescents [7]. Fathers' roles in parenting focus on fostering children's independence, developing competencies and resilience to tackle challenges and navigate complex social conditions [8]. Adolescents with fathers who are not involved in their upbringing are deprived of their right to optimal parental care due to the absence of the father in their development [9]. The relationship between fathers and adolescents can be observed through fathers' parenting

styles [10]. Fathers' involvement in adolescent parenting is characterised by setting rules, preparing to meet needs, and facilitating the development of talents and interests [11]. According to [12], parenting style is an assessment of parental involvement, including that of fathers, which can be distinguished into six core dimensions. The dimensions include warmth, structure, autonomy support, rejection, chaos, and coercion.

Fathers' involvement is associated with opportunities for adolescents to pursue their interests, receive support and security, develop good social and cognitive skills, and have high self-esteem [13]. [2] defines self-esteem as an individual's overall evaluation of themselves and how self-esteem changes during adolescence. Fathers' parenting style is one form of the relationship between a father and an adolescent that influences subjective well-being [14]. [15] defines subjective well-being as an individual's evaluation of their overall existence, encompassing both cognitive and emotional dimensions. Fathers play a crucial role in the psychological development of teenagers, as seen by the correlation between their parenting approaches, self-esteem, and subjective well-being.

2 Research Method

This study employs a quantitative approach [16]. The type of research is non-experimental, utilising a causal relationship design to investigate the influence of fathers' parenting styles on adolescents' subjective well-being and self-esteem. The sampling method used is convenience sampling, based on the ease of accessibility for the researcher to reach respondents by selecting individuals randomly who are easily contacted. The sample size for this study comprises 390 adolescents. Data collection in this study was carried out using questionnaires: the Parent as Social Context Questionnaire (PSCQ) adapted by [17] (n = 24 items; α warmth = 0.83; α structure = 0.79; α autonomy support = 0.70; α rejection = 0.80; α chaos = 0.74; α coercion = 0.66), the Coopersmith Self-esteem Inventory (CSEI) adapted by [18] (n = 50 items; α = 0.862), the Satisfaction with Life Scale (SWLS) adapted by [19] (n = 5 items; α = 0.828), and the Positive and Negative Affect Schedule (PANAS) adapted by [19] (n = 20 items; α positive affect = 0.828, α negative affect = 0.853). The data analysis technique used is a multivariate analysis of variance (MANOVA), a statistical method to test the significance of mean differences simultaneously between groups for two or more dependent variables [20]. The MANOVA calculations were conducted using the Jamovi application.

3 Result And Discussion

The influence of fathers' parenting styles on adolescents' self-esteem and subjective well-being is significant, with a coefficient of <0.05 . The data is presented in the table below:

Table 1. Predicting the impact of perceived fathers' parenting styles on self-esteem and subjective well-being

Fathers' parenting styles		Impact	
Warmth	Self-esteem	0,000 **	Positives
	Subjective well-being	0,003 *	Positives
Structure	Self-esteem	0,000 **	Positives

	Subjective well-being	0,072	-
<i>Autonomy support</i>	Self-esteem	0,000 **	Positives
	Subjective well-being	0,000 **	Positives
<i>Rejection</i>	Self-esteem	0,000 **	Negatives
	Subjective well-being	0,079	-
<i>Chaos</i>	Self-esteem	0,000 **	Negatives
	Subjective well-being	0,004 *	Negatives
<i>Coercion</i>	Self-esteem	0,000 **	Negatives
	Subjective well-being	0,318	-

Based on the hypothesis test results, it is shown that all dimensions of fathers' parenting styles significantly influence self-esteem, with three dimensions having a significant positive effect and the other three dimensions having a significant adverse effect. Meanwhile, three parenting styles significantly affect subjective well-being, and the other three do not influence subjective well-being. This supports the research by [21], which states that fathers' involvement plays a crucial role in forming self-esteem and subjective well-being in adolescents.

After conducting the MANOVA hypothesis test, the results show that warmth and autonomy support parenting styles positively influence self-esteem and subjective well-being. Conversely, the chaotic parenting style provided by fathers negatively impacts both self-esteem and subjective well-being in adolescents. Furthermore, the structured parenting style positively affects self-esteem but does not influence subjective well-being. The parenting styles of rejection and coercion provided by fathers do not affect subjective well-being but do negatively impact self-esteem.

The warm parenting style affects self-esteem and subjective well-being among adolescents in Bandung. Warm parenting has a more significant influence on self-esteem than on subjective well-being. This indicates that a father's warmth, as shown by the appreciation for adolescents' achievements, positively reinforces adolescent behaviour. According to the research by [22], adolescents who experience warmth in parenting tend to have high self-confidence and positive social behaviours. This suggests that the more warmth adolescents feel, the higher their self-esteem. Another study by [23] indicates that adolescents experiencing authoritative parenting tend to have positive self-esteem. The warmth fathers provide in their parenting style also influences adolescents' subjective well-being, aligning with the study by [24], which states that a father's warmth affects adolescent happiness.

Moreover, the autonomy-support parenting style significantly positively impacts self-esteem and subjective well-being in adolescents. This is demonstrated by fathers' support in training adolescents to be independent and capable of making decisions and taking responsibility for themselves. This aligns with the research by [22], which states that a democratic and supportive parenting style, coupled with frequent two-way communication, significantly impacts adolescents' self-esteem. Fathers' supportive parenting style also influences adolescents' subjective well-being, as [17] highlighted, emphasising the importance of fathers practising autonomy support in fulfilling adolescents' subjective well-being.

The rejection parenting style negatively affects self-esteem and does not influence subjective well-being. Adverse and hostile expressions from fathers typically characterise rejection parenting. Research indicates that a higher prevalence of rejection parenting is associated with decreased self-esteem in adolescents. The rejection parenting style does not impact subjective well-being, as adolescents subjected to this style tend to have low self-confidence. This style does not provide sufficient support for adolescents' subjective well-being, indicating that rejection parenting does not significantly influence adolescents' subjective well-being. This finding is consistent with the research by [25], which shows no relationship between parenting styles and adolescents' emotions.

Similarly, the coercion parenting style negatively affects self-esteem and does not influence subjective well-being. Coercion parenting is marked by strict parental control over adolescents. The more frequently this parenting style is applied, the lower the adolescents' self-esteem tends to be. This aligns with the research by [12], which shows that coercion parenting does not allow children to make decisions, correlating with low self-esteem. Coercion parenting can increase stress, reduce positive experiences, lead to poor social relationships, and have long-term negative impacts. It does not provide adolescents with positive experiences for psychological and emotional growth. The research conducted by [26] contradicts this finding, as it suggests a substantial correlation between life satisfaction and coercive parenting among adolescents in Indonesia. Thus, the more adolescents perceive their parents as using coercive parenting, the lower their subjective well-being.

Previous research found that fathers' parenting styles significantly influence adolescents' self-esteem [27]. According to [28], the presence of a father is related to an individual's self-esteem. Consistent with earlier findings, fathers' involvement plays a significant role in adolescents' self-esteem [29]. Negative parenting styles can result in low self-esteem in adolescents. [30] stated that negative parenting styles affect adolescents' self-esteem, with higher levels of hostile parenting correlating with lower self-esteem. According to [31], fathers' parenting styles of rejection, chaos, and coercion significantly negatively affect adolescents' self-esteem.

Based on the above analysis and discussion, it is concluded that the parenting styles of warmth, autonomy support, and chaos provided by fathers influence adolescents' self-esteem and subjective well-being. However, the warmth and autonomy support styles positively affect self-esteem and subjective well-being, while the chaos style negatively impacts these aspects. Additionally, the parenting styles of structure, rejection, and coercion provided by fathers influence adolescents' self-esteem. Specifically, the structure style positively affects self-esteem, whereas rejection and coercion negatively impact self-esteem. Furthermore, the structure, rejection, and coercion styles do not affect adolescents' subjective well-being.

Previous research also found that fathers' parenting styles significantly influence adolescents' self-esteem [27]. According to [28], the presence of a father is related to an individual's self-esteem. Consistent with earlier findings, fathers' involvement plays a significant role in adolescents' self-esteem [29].

To enhance adolescents' self-esteem, fathers should adopt the structured parenting style, which involves firm parenting, setting boundaries, and engaging in two-way communication between the adolescent and the father. Fathers should avoid the rejection parenting style, which is characterised by neglect and disregard for the adolescent, and the coercion parenting style, which is marked by forceful parenting and constantly imposing the father's expectations on the adolescent. To improve self-esteem and subjective well-being in adolescents, fathers should

adopt the warmth parenting style, which involves providing emotional warmth, and the autonomy support parenting style, which involves offering emotional support while avoiding the chaotic parenting style, characterised by inconsistency and disorder.

4 Conclusion

The influence of paternal parenting styles on adolescents' self-esteem and subjective well-being in Bandung can be summarised as follows: Among the six identified parenting styles, warmth, autonomy support, and coercion have been found to have the most significant impact on both self-esteem and subjective well-being. The parenting styles of warmth and autonomy support positively influence self-esteem and subjective well-being in adolescents. Conversely, the chaotic parenting style negatively affects both self-esteem and subjective well-being.

Furthermore, the parenting styles of structure, rejection, and coercion influence adolescents' self-esteem. The structured parenting style positively affects self-esteem, while the rejection and chaos styles negatively influence it. Meanwhile, the parenting styles of structure, rejection, and coercion do not impact subjective well-being. However, the warmth and autonomy support dimensions significantly influence subjective well-being, while the chaos dimension negatively impacts it.

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