

# The Relationship of Parental Emotional Availability and Perceived Parenting Style with Self-Esteem in Young Adults in Üsküdar University\*

*Üsküdar Üniversitesinde Öğrenim Gören Genç Yetişkinlerde Ebeveyn Duygusal Erişilebilirliği ve Algılanan Ebeveynlik Stilinin Benlik Saygısı ile İlişkisi*

**Kübra ÖZKAYA\*\*, Büşra ÖZDOĞAN\*\*\*, Metin ÇINAROĞLU\*\*\*\*, Hüseyin BULUT\*\*\*\*\*, Gökben HIZLI SAYAR\*\*\*\*\***

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## Abstract

This study was conducted to explain the relationship between the emotional availability of parents and perceived parenting style and self-esteem in young adults. 207 young adult students studying at Üsküdar University in the 2018-2019 academic year were included in this correlational study. A random sampling method was used in the research. The participants have given the Sociodemographic Data Form, the Childhood Perceived Parenting Style Scale (CPPSS), the Parent Emotional Availability Scale-Mother (PEAS-M), the Parent Emotional Availability Scale-Father (PEAS-F), and the Rosenberg Self-Esteem Scale (RSES). The study's results show a negative and low-level relationship between emotional availability to mothers and fathers and self-esteem. It was determined that there was no relationship between the scores obtained from the emotional accessibility to the parents, the perceived parenting style scale, the self-esteem scale, and the gender and marital status variables. There were significant differences in the age variable. Those aged 18-23 years had a higher level of self-esteem than those older than 39 years. Perceived parenting style is associated with self-esteem.

## Keywords:

Emotional Accessibility to Parents, Perceived Parenthood Style, Self-Esteem, Young Adults

## Öz

Bu araştırma, genç erişkinlerde ebeveynlerin duygusal ulaşılabilirliği ile algılanan ebeveynlik tarzı ve benlik saygısı arasındaki ilişkiyi açıklamak amacıyla yapılmıştır. Bu korelasyonel çalışmaya 2018-2019 eğitim öğretim yılında Üsküdar Üniversitesi'nde öğrenim gören 207 genç yetişkin öğrenci dahil edilmiştir. Araştırmada rastgele örnekleme yöntemi kullanılmıştır. Katılımcılara Sosyodemografik Veri Formu, Çocuklukta Algılanan Ebeveynlik Stili Ölçeği (AESÖ), Ebeveyn Duygusal Erişilebilirlik Ölçeği-Anne (EDEÖ-A), Ebeveyn Duygusal Erişilebilirlik Ölçeği-Baba (EDEÖ-B) ve Rosenberg Benlik- Saygı Ölçeği (RSEÖ) vermiştir. Çalışmanın sonuçları anne ve babaya duygusal ulaşılabilirlik ile benlik saygısı arasında negatif ve düşük düzeyde bir ilişki olduğunu göstermektedir. Ebeveynlere duygusal erişilebilirlik, algılanan ebeveynlik tarzı ölçeği, benlik saygısı ölçeğinden elde edilen puanlar ile cinsiyet ve medeni durum değişkenleri arasında ilişki olmadığı belirlenmiştir. Yaş değişkeninde önemli farklılıklar gösterilmiştir. 18-23 yaşları arasındaki katılımcılar, 39 yaşından büyüklere göre daha yüksek benlik saygısına sahip olduğu saptanmıştır. Algılanan ebeveynlik tarzı, benlik saygısı ile ilişkili olduğu gösterilmiştir.

## Anahtar Kelimeler:

Algılanan Ebeveynlik Tarzı, Benlik Saygısı, Ebeveynler İçin Duygusal Erişilebilirlik, Genç Yetişkinler

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\*\* Clinical Psychologist, Üsküdar University. kubra.ozkaya@st.uskudar.edu.tr, ORCID ID: 0000-0002-4571-1661.

\*\*\* Clinical Psychologist, Psychology PhD Student, Üsküdar University, busra.ozdogan@st.uskudar.edu.tr, ORCID ID: 0000-0002-2449-9147.

\*\*\*\* Asst. Prof., Nişantaşı University, metin.cinaroglu@nisantasi.edu.tr, ORCID ID: 0000-0001-6342-3949.

\*\*\*\*\* Dr. Psychiatrist, SBÜ Kanuni Sultan Süleyman Eğitim Kanuni Sultan Süleyman Eğitim ve Araştırma Hastanesi, hubulut@yahoo.com, ORCID ID: 0000-0002-6533-8411.

\*\*\*\*\* Prof. Dr., Üsküdar University, gokben.hizlisayar@uskudar.edu.tr, ORCID ID: 0000-0002-2514-5682.

## INTRODUCTION

Young adulthood; is a developmental period from the last stages of adolescence to middle age, in which individuals begin to be economically independent, struggle to gain a place in society, and interpersonal relations are essential. It includes developmental tasks such as choosing a mate, getting married, and adapting to a new social situation (Akça, 2012). In young adulthood, individuals must adapt to rapid changes, such as finding a job and choosing a spouse, unlike other life periods. The self-esteem of individuals also plays an essential role in the process of adaptation to change. Rosenberg (1965) defines self-esteem as a person's positive or negative attitude towards himself. According to this definition, if an individual's approach to himself is negative, his self-esteem is low, and if it is positive, his self-esteem is high. Individuals with high self-esteem respect themselves and see themselves as valuable. Individuals with low self-esteem evaluate themselves negatively (Rosenberg, 1965). Low self-esteem; depression, initiation and maintenance of self-harming behavior, suicide, self-punishment, frustration and feelings of shame (Glassman et al., 2007, Gooding et al., 2015, Lloyd-Richardson et al., 2007, Muehlenkamp et al., 2011, Orth et al., 2008, Stroehmer et al., 2015). Since self-esteem is present in every aspect of an individual's life, factors related to self-esteem are significant (Temiz et al., 2021).

Parental attitudes and behaviors significantly affect self-esteem. The parenting style is the concept of parents' attitudes, approaches, beliefs, behaviors, and expectations towards raising children (Esen & Cesur, 2015). Studies in the literature support the permanent effects of parenting styles on the self-esteem of children and adolescents (Szkody et al., 2021). In addition, whether children can access their parents when they need it emotionally or the quality of the access provided is also essential for self-esteem (Saunders et al., 2017). In particular, it has been shown that mothers' parenting attitudes are related to the child's self-esteem (Troshikhina & Manukyan, 2016) Increased self-esteem is associated with fewer parents' exposure to negative feedback (Bobo et al., 2020). It has been stated that a significant relationship exists between a child's perception of being accepted by the child's parents and the child's academic achievement score and self-esteem level (Morvitz and Motta, 1992). This study aimed to reveal the relationship between emotional accessibility to parents and perceived parenting style and self-esteem in young adults studying at Üsküdar University.

## MATERIALS AND METHODS

The universe of this study consists of young adult students studying at Üsküdar University in the 2018-2019 academic year. The sample of the research consists of 207 students studying at Üsküdar University and agreeing to participate in the study. A random sampling method was used to determine the sample size. Üsküdar University Non-Interventional Research Ethics Committee reported that the study was ethically appropriate (**Ethics committee approval:** The ethics committee approval has been obtained from the Uskudar University Noninterventional Research Ethics Committee (B.08.6.YÖK.2.ÜS.0.05.0.06 /2018/1004).

**Patient informed consent:** Informed consent was obtained.

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**Conflicts of interest:** There are no conflicts of interest to declare.

### **Data Collection Tools**

#### **Sociodemographic Data Form:**

It was prepared by the researcher to determine the sociodemographic characteristics of the participants, such as gender, age, marital status, and education, and to investigate the factors affecting other scales.

#### **Rosenberg Self-Esteem Scale (RSES):**

The Rosenberg Self-Esteem Scale consists of 63 items and 12 subscales, each with different types and choices. In the scale, “self-esteem” (m110), “continuity of self-concept” (m11-15), “trust in people” (m16-20), “sensitivity to criticism” (m21-23), “depressive effect” (m24-29), “dreaming” (m30-33), “psychosomatic symptoms” (m34-43), “feeling of threat in interpersonal relations” (m44-46), “degree of participating in discussions” (m47-48), “parental interest” (m49-55), “relationship with father” (m56-61), “psychic isolation” (m62-63). The scale was created by Rosenberg in 1963 and adapted to Turkish in 1986 (Baybek and Yavuz, 2005).

#### **Childhood Perceived Parenting Style Scale (CPPSS):**

Childhood Perceived Parenting Style scale consists of 23 items. On the scale, participants are asked to answer the statements about childhood parental attitudes toward both their mothers and fathers using a 4-point scale with three sub-dimensions: emotional warmth (6 items), overprotectiveness (10 items), and rejection (7 items). While the emotional warmth dimension refers to the parents’ accepting, supportive, and valuing attitudes, the overprotective dimension includes the items corresponding to the anxious approach towards the safety of the children, and the rejection dimension includes the items corresponding to the critical and judgmental attitude. In studies where cross-cultural comparisons are made, it is emphasized that this form is similar to the original scale and has good psychometric properties. The scale was developed by Arrindell et al. in 1999. It was adapted into Turkish by Dirik et al. in 2015.

#### **Parent Emotional Availability Scale (PEAS):**

The Parent Emotional Accessibility Scale consists of 15 items. Although the scale is a 6-point Likert-type scale, it is developed to measure separately for mothers and fathers. It consists of two forms: Parent Emotional Accessibility Scale-Mother (PEAS-M) Parent Emotional Accessibility Scale-Father (PEAS-F). The scale is a valid and reliable measure of children’s emotional availability to their mothers and fathers. The parent emotional accessibility scale developed by Lum and Phares (2005) was adapted into Turkish by Gökçe (2013). In the adaptation of the scale to Turkish, it was determined that, as in the original form, the mother form exhibited a single-factor structure, namely the emotional accessibility of the mother and the father’s emotional accessibility of the father (Özdoğan and Önder, 2018).

### **Statistical analysis**

SPSS 20.0 package program was used to evaluate the data. The t-test was used in the analy-

sis of normally distributed data. The correlation was evaluated with the Spearman correlation test.  $p < 0.05$  was accepted as a statistical significance level.

**RESULTS**

Two hundred seven people participated in this research. 87% (n=180) of the participants were women and 13% (n=27) were men. 46.4% (n=96) of the participants were between 18-23 years old, 40.6% (n=84) were between 24-29 years old, 8.7% (n=18) were between 30-38 years old. Furthermore, 4.3% (n=9) were older than 39 years. The average age of the participants was 25.10 (SD=5.67). When the participants were examined according to their marital status, it was determined that 87.9% (n=182) were single, 10.6% (n=22) were married, and 1.5% (n=3) were separated from their spouses. The averages of the total scores obtained by the participants from the scales are shown in Table-1.

*Table-1. The Averages of The Participants' Total Scores from The Scales*

Scales	Mean	SD
Childhood Perceived Parenting Style Scale (CPPSS)	95.42	13.51
Parent Emotional Availability Scale-Mother (PEAS-M)	73.31	16.87
Parent Emotional Availability Scale- Father (PEAS-F)	69.42	61.58
Rosenberg Self-Esteem Scale (RSES)	1.50	0.82

In order to examine whether there is a relationship between the scores of the participants on the Childhood Perceived Parenting Style Scale (CPPSS), the Parent Emotional Availability Scale-Mother (PEAS-M), the Parent Emotional Availability Scale-Father (PEAS-F), and the Rosenberg Self-Esteem Scale (RSES). Spearman correlation analysis was performed. The results of the correlation analysis are given in Table-2.

*Table-2. Examination of the Relationship Between the Participants' CPPSS, PEAS-M, PEAS-F, and RSES Scores*

		CPPS	PEAS-A	PEAS-B	RSE
CPPSS	Rho	1			
	p				
PEAS-M	Rho	-0.004	1		
	p	0.951			
PEAS-F	Rho	-0.028	0.585**	1	
	p	0.693	<0.001		
RSE	Rho	0.073	-0.330**	-0.321**	1
	p	0.293	<0.001	0.001	

*\*\*Correlation is significant at the 0.01 level (Spearman correlation test)*

*Note: CPPSS: Childhood Perceived Parenting Style Scale  
 PEAS-M: Parent Emotional Availability Scale-Mother  
 PEAS-F: Parental Emotional Availability Scale-Father  
 RSES: Rosenberg Self-Esteem Scale*

In Table-2, the relations between the scores obtained from the scales applied to the participants are shown by Spearman correlation analysis. According to this analysis, no significant correlation was observed between PEAS-Mother and CPPSS scores ( $p=0.951$ ,  $\rho=-0.004$ ) and PEAS-Father and CPPSS scores ( $p=0.693$ ,  $\rho=-0.028$ ). However, a significant and moderate positive correlation was found between PEAS-Father and PEAS-Mother scores ( $p<0.001$ ,  $\rho=0.585$ ). No statistically significant correlation was found between RSES and CPPSS scores ( $p=0.293$ ,  $\rho=0.073$ ). However, a weakly significant and negative correlation was found between RSES and PEAS-Mother scores ( $p<0.001$ ,  $\rho=-0.330$ ). Similarly, a weakly significant and negative correlation was found between RSES and PEAS-Father scores ( $p=0.001$ ,  $\rho=-0.321$ ).

**Table-3.** Comparison of the Participants' CPPSS, PEAS-M, PEAS-F, and RSES Scores According to Gender Variable

	Gender	N	Mean	SD	t	p
CPPS	Woman	180	95.67	13.45	0.694	0.489
	Man	27	93.74	14.05		
PEAS-A	Woman	180	73.90	17.01	1.292	0.198
	Man	27	69.40	15.61		
PEAS-B	Woman	180	70.50	65.67	0.647	0.518
	Man	27	62.25	17.25		
RSE	Woman	180	1.44	0.79	-1.098	0.274
	Man	27	1.62	1.04		

In Table-3, the participants' Childhood Perceived Parenting Style Scale (CPPSS), Parent Emotional Availability Scale-Mother (PEAS-M), Parent Emotional Availability Scale-Father (PEAS-F), and RSES scores compared by gender are shown. There was no significant difference between women and men in the CPPSS, PEAS-Mother, PEASS-Father, and RSES scores ( $p>0.05$ ).

**Table-4.** Comparison of the Participants' CPPSS, PEAS-M, PEAS-F, and RSES Scores According to the Marital Status Variable

	Marital Status	N	Mean	SD	t	p
CPPS	Married	182	96.00	13.22	1.461	0.146
	Single	22	91.54	15.91		
PEAS-A	Married	182	73.97	16.24	1.070	0.295
	Single	22	69.09	20.64		
PEAS-B	Married	182	71.27	64.88	1.174	0.242
	Single	22	54.86	24.38		
RSE	Married	182	1.47	0.82	-0.158	0.875
	Single	22	1.50	0.91		

In Table 4, the participants' Childhood Perceived Parenting Style Scale (CPPSS, Parent Emotional Availability Scale-Mother (PEAS-M), Parent Emotional Availability Scale-Father (PEAS-F), and Rosenberg Self-Esteem Scale (RSES) scores according to marital status have been compared. It was found that there was no statistically significant difference between the CPPSS, PEAS-Mother, PEAS-Father, and RSES scores between married and single people ( $p>0.05$ ).

**Table-5.** Comparison of the Participants' CPPSS, PEAS-A, PEAS-B, and RSES Scores According to the Age Variable

	Age	N	Mean	SS	t	p
CPPS	18-23	96	96.19	11.67	1.063	0.290
	39>	9	91.88	11.07		
PEAS-A	18-23	96	72.08	18.92	-3.069	0.007
	39>	9	82.44	8.30		
PEAS-B	18-23	96	64.69	21.25	-2.564	0.024
	39>	9	76.77	12.54		
RSE	18-23	96	1.51	0.88	5.667	<0.001
	39>	9	1.00	0.01		

In Table 5, the participants' scores from the scales (CPPSS, PEAS-M, PEAS-F, RSES) were compared according to the age variable. The scores obtained from the Childhood Perceived Parenting Style Scale did not differ between 18-23 and participants older than 39 years ( $p>0.05$ ). There was a significant difference between the Parent Emotional Availability Scale-Mother (PEAS-M) score and the age variable ( $t=-3.069$ ). Participants older than 39 years ( $\bar{x}=82.44$ ) had significantly higher PEAS-M scores than those aged 18-23 years ( $\bar{x}=72.08$ ). A significant difference was also found between the Parent Emotional Availability Scale-Father (PEAS-F) score and the age variable ( $t=-2.564$ ). Those who were older than 39 years ( $\bar{x}=76.77$ ) had significantly higher PEAS-F scores than those aged 18-23 years ( $\bar{x}=64.69$ ) ( $p=0.024$ ). A significant difference was also found between the Rosenberg Self-Esteem Scale (RSES) score and the age variable ( $t=5.667$ ). Participants between the ages of 18-23 had a significantly higher score on the scale ( $\bar{x}=1.51$ ) than those older than 39 years ( $\bar{x}=1.00$ ) ( $p<0.001$ ).

**DISCUSSION**

This study aimed to reveal the relationship between parental emotional availability and perceived parenting style with self-esteem in young adults. The results obtained from the Childhood Perceived Parenting Style Scale (CPPSS), Parental Emotional Availability Scale-Mother (PEAS-M), Parent Emotional Availability Scale-Father (PEAS-F), and Rosenberg Self-Esteem Scale (RSES) were compared with the statistical variables of gender and marital status. No significant difference was found. When the studies in the literature are examined, it is seen that the mother's emotional availability differs according to the participant's perception of the relationship between the mother and father. It was determined that the mother's and father's emotional accessibility scores of the participants who evaluated the relationship between their parents as very bad were significantly lower than those who evaluated the relationship between their parents as normal, good, and very good. It was

determined that the emotional accessibility scores of the participants whose parents were together were significantly higher than those whose parents were divorced. It was observed that the emotional accessibility scores of the mothers and fathers of the participants who evaluated their economic status as low were significantly lower than those who evaluated their economic status as medium and high. It was observed that the Father Emotional Availability Scale scores differed significantly according to the level of significance according to gender. It was determined that female participants' father's emotional availability was higher than male participants (Keskin, 2021). Age is not significant in perceived parental behavior; the gender of the child and the parent is statistically significant (Hazzard et al., 1983). Lum and Phares (2005) stated that the emotional relationships of the individual with their parents are meaningful and that individuals show more psychological distress, especially when the mother is not emotionally accessible. Most parent-child studies emphasize the mother-child dichotomy and ignore fathers' behavior. Studies provide evidence that there are more similarities, although there are differences between the degree of care of mothers and fathers (Pleck & Masciadrelli, 2004). Recent studies in the literature suggest that the influence of parents on children is not only dependent on the mother or father but also on both the father and mother (Han & Lee, 2020). However, when the variables affecting parental attitudes are examined in the literature, there is a significant difference between gender, employment status, monthly income, education level, number of children, and parental attitudes; It was found that there was no statistically significant difference in age, family type and chronic disease variables (Aydoğdu & Dilekmen, 2016). It has been shown that the environment in which the parents grow up, the relationship they establish with their parents, the communication and relationship between the spouses, the personality traits, the age, gender, health, and education status of the child statistically affect the parenting style of the parents (Keskin, 2004).

This study observed a statistically significant difference between the Parent Emotional Availability Scale-Mother (PEAS-M) score and the age variable. According to this result, the scores of those older than 39 years old were statistically significantly higher than those between 18-23. Likewise, a statistically significant difference was observed between the Parent Emotional Availability Scale-Father (PEAS-F) score and the age variable. Accordingly, PEAS-F scores were statistically significantly higher in those older than 39 years than those aged 18-23. It has been concluded that emotional accessibility to parents increases with age, regardless of the mother or father. A statistically significant difference was found between the Rosenberg Self-Esteem Scale (RSES) score and the age variable. Those aged 18-23 years had a higher level of self-esteem than those older than 39 years. When the literature was examined, a significant difference was found between age groups in the level of self-esteem. Studies have also found that individuals aged 24 and over have the highest level of self-esteem (Akgüç, 2021). The reason for reaching a different result from the literature in this study may be related to the number of participants.

This study and studies in the literature show the relationship between parental emotional availability and perceived parenting style with self-esteem. Since the self-esteem of young adults is affected not only by the parents but also by different factors, it is necessary to study how various environmental factors affect the child's self-esteem longitudinally in future studies. In this study, the rate of female participants is higher than male participants. The research can be repeated by equalizing the number of male and female participants.

The research was conducted with young adults. In future studies, it can also be done with individuals under 18 in adolescence.

## CONCLUSION

In this study, which aimed to reveal the relationship between parental emotional accessibility and perceived parenting style and self-esteem in young adults, it was determined that there was no relationship between the scores obtained from the emotional accessibility of parents, perceived parenting style scale and self-esteem scale and gender, marital status variables. However, there were significant differences in the age variable. Those aged 18-23 years had a higher level of self-esteem than those older than 39 years. Perceived parenting style is associated with self-esteem.

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