



**Self- Esteem, Mental Health and Quality of Life in relation to Parenting Styles of  
High School Students in Iran.**

**Abstract**

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## ABSTRACT

There are probably almost as many opinions on what constitutes “good parenting” as there are people asked. New parents often receive advice and guidance on how to parent from their parents and experts, as well as from peers and popular culture. Developing an appropriate parenting style during the first years of a child’s life is a challenging proposition for new parents, especially when not all sources agree. Research on effective parenting styles can help guide parents to a proper balance of sensitivity and control.

It is not only the parents who hope for their children to have excellent mental health, self esteem and quality of life, but the whole society needs its members to have these three as well. Iran needs its citizens to be capable of bringing the country forward, not only to compete internationally, but also to maintain its high dignity and strength in this challenging world. The three problems of students’ mental health, self esteem and quality of life and their relation to parenting style has made it essential to carry out proper research. Is it the authoritative parent, the authoritarian parent or the permissive parent who affects the mental health, self esteem and quality of life of children the most? Then what are the relations between parenting style and mental health, self esteem and quality of life? Baumrind (1971) has classified 3 styles of parenting which are authoritative, authoritarian and permissive. Which of these styles are the most suitable in helping children with their healthy psychology? This research attempts to explore these questions, helps to find resolution and solves students’ problems so they can have a healthy psychology.

In the light of the above stated context, the present study was planned and carried out with the objectives to measure and compare mental health, self esteem and quality of life of the children with authoritative, permissive and authoritarian parents in Iran. For this purpose initially parenting style questionnaire (PSQ) was administered on 180 parents of high school students. Then with the help of PSQ the parents were classified as authoritarian permissive and authoritative. After that, 30 children from authoritarian, 29 from permissive and 32 children from authoritative parents were selected. So the total sample was comprised 91 students. Then the general health questionnaire, self esteem questionnaire and quality of life questionnaire were administered on these subjects after taking their consent. Parenting styles were measured by the parenting style questionnaire developed by Booray(1991). This Parenting styles questionnaire has 30 questions. Self –esteem was measured with the help of Coppersmith’s self-esteem inventory (1981). This inventory consists of 58 items. In the present investigation mental health was measured with the help of the General Health questionnaire developed by Goldberg (1972). The General Health Questionnaire (GHQ-28) is a popular 28-item instrument. Finally, for measuring quality of life, the WHOQOL–BREF (1996) questionnaire was used. It has 26 items and was developed by the World Health Organization of the United Nations in fifteen international field centers, simultaneously, in an attempt to develop a quality of life assessment

that would be applicable cross-culturally. One way ANOVA, multiple comparisons of means and correlations were used to analyze the data. The following results were obtained:

It was found that there was a significant impact of parenting style on three dimensions of mental health, namely: (a) physical, (b) anxiety, and (c) depression mental health. This means that children raised by authoritative parenting style had better total mental health, better physical mental health and lower anxiety and depression than children raised by authoritarian and permissiveness parenting styles. However, it was found that parenting style did not impact social mental health.

There was a significant impact of parenting style on all four dimensions of self esteem, namely, (a) general self esteem, (b) social self esteem, (c) school academic and (d) home parent self esteem. This means that children raised by authoritative parenting style had better total self esteem, general self esteem, social, school academic and home parent self esteem than children raised by authoritarian and permissiveness parenting style.

It was found that there was a significant impact of parenting style on three dimensions of quality of life, namely, (a) physical quality of life, (b) psychology quality of life and (c) social quality of life. This means that children raised by authoritative parenting style had better total quality of life, physical, psychology and social quality of life than children raised by authoritarian and permissiveness parenting styles. In contrast, parenting style had no effect on environment quality of life.

It was indicated that there was a significant negative correlation between mental health and quality of life and a significant positive correlation between self esteem and quality of life of high school children reared by authoritarian parenting style.

It was revealed that significant negative correlation was found between mental health and self esteem of high school children reared by permissive parenting style.

It was indicated that significant negative correlation was found between mental health and quality of life of high school children reared by authoritative parenting style.