



The Influence of Family Rearing Style on Children's Self-esteem

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Abstract. Family is the first environment that affects people's psychological development. In recent years, with the emphasis on education, people have begun to pay more attention to the impact of family rearing style on children's physical and mental development, especially the impact on self-esteem. The purpose of this article is to summarize how a child's self-esteem level is influenced by the parenting style. Through literature review, the present review organizes and summarizes recent articles on the influence of family parenting style on children's self-esteem. It concluded that a positive parenting style helps to improve the level of self-esteem of individuals. A negative parenting style, especially the neglect type, can easily lead to separation and differences in the self-esteem of children. Differences in parental roles may lead to different effects on children's explicit self-esteem in the same dimension; parenting styles affect female individuals' explicit self-esteem levels more. This paper emphasizes the importance of positive parenting for children's mental health.

Keywords: Implicit self-esteem · Family parenting style · Explicit self-esteem

1 Introduction

The parent-child relationship is the relationship between parents and children. In psychology, the parent-child relationship refers to the two-way interaction between parents and children. Among them, parents' parenting, attitudes towards children, and education methods will affect the physical and mental development of children, and will also involve the shaping and development of children in all aspects. Psychologist Baumind put forward the concept of "family parenting style" [1]. He proposed three types of parenting styles, namely authoritative, forgiving parenting styles, and authoritarian. On this basis, McCoy integrates parenting styles into two dimensions, demand and responsiveness, which are the degree of parental intervention and response to children's choices, respectively. The intersection of the two dimensions form a coddled, authoritarian, neglectful, and authoritative parenting style [2]. Indulgent parenting style is a combination of high response and low demand, parents of this type tend not to interfere with their children's choices, and give children sufficient freedom and help; neglect parenting style is a combination of low response and low demand, and parents of this type do not interfere Children's choices also do not respond to their children's needs;

authoritarian parenting styles are a combination of high demands and low responses. Parents leave their children less room for choice. Children are often required to obey their parents and supervised by orders, coercion, or punishment. ‘The authoritative parenting style is a combination of high demands and high responses, and parents of this type interfere more with their children. Combining the definition and classification of parenting styles, Perris developed the Egna Minnen av Barndoms Uppfostran-own memories of parental rearing practice in childhood (EMBU) to evaluate parenting attitudes and behaviors [3]. The scale is divided into the father scale and the mother scale. The father scale is composed of 6 factors, including understanding, emotional warmth, excessive interference, refusal to deny, excessive protection, severe punishment, and preference for subjects. The mother scale is composed of excessive interference protection, emotional warmth, understanding, severe punishment, refusal to deny, and preference for subjects are composed of five factors. The scale is widely used in various studies.

A family is an important place for the socialization of children. Among many family factors, parenting style is one of the most important factors affecting children’s social development and mental health. At present, more and more experiments have proved that family parenting style is the most important influencing factor in the early development of individual self-esteem. Self-esteem is a personality variable with a mediating effect, which is directly related to the individual’s mental health and has an important impact on the development of the entire personality, including a wide range of influences on the individual’s cognition, motivation, and emotion and social behavior [4].

Self-esteem has always been a concept that is difficult to define. Most scientists believe that self-esteem is an evaluation and attitude towards oneself, but the specific definition of self-esteem has been in a state of change. Rosenberg elaborated on self-esteem as an individual’s evaluation and attitude toward the self, which can be positive or negative. In 1978 he redefined self-respect as an assessment of one’s importance, worth, and abilities [5]. Self-esteem is based on externally imposed standards, i.e. personal judgments about one’s self and sense of worth. Externally given criteria include family values, social judgments or assumptions, or life achievements [6]. It can contain a negative or positive orientation towards oneself. Because the level of self-esteem is closely connected with the susceptibility to individual mental illness, personal relationship satisfaction, and physical illness [7]. It is worth noting that from the perspective of implicit cognition, Greenwald and Banagi further divided self-esteem and considered two independent parts of explicit self-esteem and implicit self-esteem [8]. Implicit self-esteem is defined as the unconscious evaluation of self-worth in the face of the environment, which is an automatic evaluation process of the individual. Explicit self-esteem is defined as an individual’s conscious evaluation of self-worth in the face of external circumstances, often resulting in logical outcomes. Kernis classifies different levels of implicit and explicit self-esteem into four categories. These include 1) Safe high self-esteem, such individuals have high overt and high recessive self-esteem. 2) Fragile high self-esteem, which is a type of individual with high overt and low recessive self-esteem. 3) Impaired low self-esteem, such individuals have low overt and high recessive self-esteem. 4) True low self-esteem, such individuals have low overt and low recessive self-esteem [9].

At present, more and more researchers divide self-esteem into the conscious level and subconscious level to investigate separately. There are two models used to illustrate

the relationship between explicit self-esteem and implicit self-esteem: one is proposed by Wilson, Lindsey & Schooler. The dual attitude model argues that people can have two different attitudes towards the same attitude object, one at the unconscious implicit level, and the other at the deliberate explicit level [10]. Dual attitudes are formed through the general process of attitude change. When attitudes toward something change, the original habitual attitude may remain in memory, automatically continuing to influence behavior and cognitive patterns at the unconscious level of the individual. Another recent model was proposed by Smith and DeCoster, which assumes the existence of two independent information processing modes, one is the Rule-based Model, which is rational and manipulated through the manipulation of symbolic knowledge [11]. Channels conscious information processing that requires volitional effort. The other is the Associative Model, which is intuitive and guides unconscious information processing by rapidly forming associations between stimuli. For self-evaluation, regular patterns may produce consciously controlled self-reported self-esteem, while connection patterns may moderate individual responses to indirect measures of implicit self-esteem. Therefore, implicit self-esteem is a valid association of the ego with positive or negative emotions. The regular patterns and connection patterns of information processing sometimes cause individuals to produce significantly different self-evaluations, leading to the self-esteem separation.

In most experiments, when measuring explicit self-esteem, researchers will use self-reported scales such as the Rosenberg Self-Esteem Scale (SES) [12]. SES has 10 items, which are used by the subjects to evaluate how well these items fit their characteristics. The scale has a small number of questions and is currently the first choice for measuring overall self-esteem. Another widely used scale is the Self-esteem Inventory (SEI). It has a larger number of questions, with a total of 58 items. Each question describes a situation in the first person, asking the subjects to use "like me" or "not like me" or "not like me". "Like me" to answer each item, the former is rated as 1, which means high self-esteem; the latter is rated as 0, which means low self-esteem. The scale was originally designed for children and was later modified by Ryden for adults [13]. Both scales have good reliability and validity and are widely used in various tests. When measuring implicit self-esteem, the self-report type of survey is no longer applicable, and most studies will use the Implicit Association Test (IAT) test mode. For example, individuals who showed a preference for their initials tended to have higher implicit self-esteem, so the experiment indirectly measured implicit self-esteem by assessing participants' preference for all letters of the alphabet [14].

This paper will review the relevant research in recent years, summarize the relationship between family parenting style and self-esteem structure and provide a reference for further improving parenting style, providing optimized education and parenting methods, purposefully developing individual self-esteem, and improving individual personality.

2 The Influence of Parenting Style on Explicit Self-esteem

Relevant studies at home and abroad have shown that people's lives are continuously affected by family upbringing. Combined with the development of an individual's

explicit self-esteem, that is childhood, adolescence, and adulthood. Parenting style significantly influences the development of children's explicit self-esteem: it not only significantly influences the overall level of self-esteem development but also affects the speed and direction of children's explicit self-esteem development. If parents adopt parenting methods such as excessive interference, punishment and severity, denial, and rejection, it will reduce the level of children's explicit self-esteem and hurt the development of children's explicit self-esteem. Studies have shown that warm parenting has a positive impact on the development of children's explicit self-esteem [15]. Parenting style also significantly influences the development of explicit self-esteem of adolescents: the dimension of parenting style of warm understanding has a significant positive correlation with overall explicit self-esteem, while the two dimensions of severe punishment and refusal to protect are significantly correlated with overall explicit self-esteem. Significant negative correlation. This shows that parents adopting warm and understanding parenting methods for adolescents will promote the development of adolescents' explicit self-esteem. Conversely, the development of adolescent overt self-esteem is negatively affected to varying degrees by rejection, denial, and severe punishment [16]. The study also found that the emotional warmth and understanding of parents favored the improvement of the overt self-esteem level of college students and that severe punishment and rejection by mothers harmed the overt self-esteem level of college students [17]. It can be seen that the explicit self-esteem is closely related to all dimensions of parenting style, and parenting style has a predictive effect on external self-esteem.

The parenting styles of fathers and mothers have different effects on their children. In the traditional concept, mothers tend to spend more time with their children, so many researchers speculate that the mother's education style will have a higher correlation coefficient with the child's explicit self-esteem level. But some studies have shown that the father's parenting style is emotionally warm. The correlation coefficient with excessive interference is greater than that of mothers [18], which may be because, in traditional family education, fathers often play the role of "strict fathers". Although mothers also give meticulous care to their children, the children's impression of mothers should be kind and warm, and it has little effect on their apparent self-esteem level. However, if the "strict fathers" in the children's impression mostly adopts the emotional warm way, the children will tend to have more self-acceptance, and their explicit self-esteem level will be higher.

The impact of parenting style on the explicit self-esteem level of female individuals is higher than that of male individuals. Although many studies have shown that there is no distinct difference in the explicit self-esteem level between men and women during data processing, it is worth noting that there are differences in sensitivity of boys and girls to parenting styles. Girls are relatively sensitive, impressed by their parents' criticism, advice, and preferences, are more difficult to change, and are easy to internalize. Therefore, explicit self-esteem is more easily influenced by parents than boys [19]. For example, when children report parenting styles, there are significant gender differences in sensitivity to certain factors. There are clear differences between men and women when it comes to reporting factors of severe parent punishment. This may be due to gender differences, when faced with family education, boys always have a strong sense

of self, and girls are quieter and more obedient [20]. So emotions can be different when parents use different methods of punishment.

3 The Influence of Parenting Style on Implicit Self-esteem

Parenting styles can affect implicit self-esteem in unconscious ways. People's implicit self-evaluation may be formed through interaction with others, and parents are often the earliest objects of individual interaction [21]. Primary caregiver responses and sensitivities develop individual beliefs about the self, and over time, caregiver responses to infants can influence infants' psychological patterns of work, with implications for infants' unconscious self-beliefs [22]. Research has shown that adult children who report more nurturing parents have higher implicit self-esteem. In particular, participants with high implicit self-esteem were often able to recall more details of parenting during childhood [6]. However, it's worth noting that children who grow up in parenting styles where their parents over-cared for them have lower levels of implied self-esteem. This is because children who grow up in this style of family upbringing often lose the right to make choices, which leads to self-doubt and a decrease in implicit self-esteem.

Early experiences in family life can affect the consistency of self-esteem at the conscious level. Negative parenting styles can increase the differences in explicit and implicit self-esteem to a certain extent. Studies have shown that parents' excessive interference, rejection, and denial factors are all significantly correlated with differences in offspring's self-esteem [23]. Changes in the family, such as individuals whose parents are divorced during their growth, will also lead to separation and differences in self-esteem [24]. More and more studies have shown that the separation and differences in self-esteem will lead to an individual's psychological disease. For example, researchers have proposed that the higher the degree of separation and differences in self-esteem, the stronger the aggression. Low implicit self-esteem individuals tend to have higher levels of anxiety, are easily affected by negative feedback, and cannot buffer the threat of the external environment to self-esteem well [25].

4 Conclusion

This article summarizes the effects of parenting styles on self-esteem. A large number of research data show that the development of a person's explicit self-esteem is largely affected by the family's parenting style. It is worth noting that in terms of parents, the father's parenting style will affect individuals' explicit self-esteem to a greater extent in some dimensions. In terms of children, the self-esteem level of the female is greatly affected by the way of family rearing style. Individuals who grow up in families with more attention and autonomy tend to have higher implicit self-esteem. Positive parenting methods can improve the level of self-esteem, but have a positive impact on the consistency of self-esteem. Therefore, parents should adopt positive, understanding, and warm education methods when educating their children. The research on parenting style mostly adopts the method of child report and lacks the interview with parents or the observation of parent-child interaction. When exploring the effects of parenting styles on self-esteem, future research should adopt more diverse methods of parenting styles and self-esteem structures to obtain more comprehensive and objective results.

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