

# Correlation of Low Self-Esteem in Mental Disorders Patients to Parenting Styles

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**ABSTRACT:** This study aims to determine the effect of parental care pattern on the incidence of low self-esteem in patients with mental disorders. The cross-sectional study design was employed with the population of mental disorder patient cured in Integrated Mental Health Installation of the general hospital of Banyumas, Indonesia. Operated under simple random sampling, the research hypothesis tested the influence of the parenting to the incidence of low self-esteem in psychiatric patients by using Chi-Square test. The results showed a significant impact of parenting pattern to low self-esteem in people with a mental health condition. The authors recommend the application of democratic style parenting for the formation of positive self-concept and self-esteem of children.

**KEYWORDS:** Mental disorder, parenting, Self-concept, Self-esteem.

## I. INTRODUCTION

The formation and development of children are the responsibility of the parents [1]. The future of children in the future will depend on the experience gained by children including education factors and parenting patterns [2]. Family environment has a crucial role in the development of a child's life and how parents apply the model of care in the family will form the self-concept of children.

Through parenting, children will begin to learn about self-understanding, trust, and self-concept, because parents play a role in determining whether or not a child will have an opportunity to develop himself. Parenting can affect self-concept and self-esteem in children. This notion is supported by the results of research [3] which shows that there is a significant relationship between the type of parenting to the child's self-concept

Some of the problems associated with low self-esteem include low self-esteem, feeling inadequate, disturbance of social relationships, lack of self-confidence sometimes to self-injury [4]. The prevalence of emotional, mental disorders in Indonesia's population was 6.0 percent, including low self-esteem issues. The prevalence of severe mental illness in Indonesia's population is 1.7 per mile where Central Java became one of the provinces with the highest prevalence.

## II. RESEARCH METHODOLOGY

The design of detailed analytic study applied cross-sectional design with non-experimental research to find out the relationship of parenting type to low self-esteem in people with a mental health condition. Population in this investigation is all patient of mental disorder in Integrated Mental Health Installation cured at general hospital of Banyumas, Indonesia amounted to 92 people. The sampling technique employed simple random sampling method. The sample of research as much as 30% of the population which was 34 people. The research hypothesis is that there is a significant influence on the type of parenting to the incidence of low self-esteem in psychiatric patients. Data analysis to test hypothesis was Chi-Square test

# International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Website: [www.ijirset.com](http://www.ijirset.com)

Vol. 6, Issue 9, September 2017

## III. EXPERIMENTAL RESULTS

Parenting styles are described in the following tables.

Table 1 Parenting Style

Parenting style	Frequency	Percentage (%)
Autocratic	17	50.0
Permissive	6	17.6
Democratic	11	32.4
Total	34	100

Table 1 shows that most people apply authoritarian parenting as many as 17 people (50%), while the remaining democracies are 11 people (32.4%) and permissive as many as six people (17.6%).

The description of low self-esteem of people with a mental health condition can be seen in Table 2.

Table 2. Description of Patient's Self-Esteem

Mental Disorder	Frequency	Percentage (%)
Low self-esteem	20	58.8
Non-low self-esteem	14	41.2
Total	34	100

Table 2 shows that most mental patients have low self-esteem problems of 18 people (68.8%) and the rest are not Low Self-esteem as many as 14 people (41.2%).

Table 3. The Influence of Parenting to Low Self-Esteem Events

Parenting style	Mental Disorder		Total	$X^2$	<i>p value</i>
	Low self-esteem	Non-low self-esteem			
Autocratic	14 (41.2%)	3 (8.8%)	17 (50.0%)	11,539	0.003
Permissive	4 (11.8%)	2 (5.9%)	6 (17.6%)		
Democratic	2 (5.9%)	9 (26.5%)	11 (32.4%)		
Total	20 (58.8%)	14 (41.2%)	34 (100%)		

Table 3 indicates that the patient's with autocratic parenting experiences low self-esteem as of 14 people (41.2%), permissive parenting to low self-esteem of 4 people (11.8%), and democratic parenting to low self-esteem is only two people (5.9%).

The result of the statistical test using Chi-Square test obtained the score of 11,539 which is bigger than the Chi-Square table that is 5,991. Also, the  $p$ -value = 0.003 is smaller than  $\alpha = 0.05$  indicating that there is a correlation between low self-esteem incidence in people with a mental health condition to parenting type applied by parents.

The results showed that 17 of the 34 parents (50%) used the authoritarian parenting model leading to the incidence of low self-esteem in children (patients) as many as 14 people (41.2%). This suggests that parenting patterns with authoritarian types tend to be mostly found in psychiatric patients with low self-esteem. In psychiatric patients who received democratic parenting a few little self-esteem events. This is supported by data that patients who get democratic care as many as 11 people (32.4%) only two individuals who experience low self-esteem.

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Vol. 6, Issue 9, September 2017

Authoritarian parenting tends to produce children with low self-esteem [5]. This is strongly influenced by the attitudes or behaviors of parents who give less attention and sincere love to the child and rarely give praise, likes to punish physically and to command (requires or control the child to do something without compromise) so as to influence the child in determining the attitude [6] (Safa'ah, 2009).

Democratic parenting tends to have reactions such as the child being given the opportunity to be independent and develop an internal control. Also, the child is acknowledged, and the child is involved in decision-making. The democratic style will foster confidence and the emergence of self-responsible behavior [7]. Based on that, the parenting pattern in early childhood is a vital role in the development of low self-esteem in the next period.

According to psychologists, early experience during childhood and adolescent age has a significant influence on the development of self-esteem. Self-esteem is derived from the experience of self and others [8]. A low self-esteem will weaken the relationship developed with others, while high self-esteem will support the child to develop their relationship with others [6]. Children cared with permissive and authoritarian patterns have lower self-esteem than children who are cared democratically. This is following research [5] which states that there is a strict relationship with the concept of self-concept: adolescent self-esteem. Similarly, research conducted by Pramawaty and Hartati [9] which says that there is a relationship between parenting patterns with self-concept of school-age children (10-12 years).

Self-esteem also affects a person's attitude to his status as a teenager. A teenager who has a positive self-esteem will not be easily carried away by the temptations offered by the environment because they can not make decisions [6]. This is in line with the research [10] where authoritarian parenting resulted in the child being unable to make decisions, lack confidence, and shyness. Thoughts in adolescence become abstract, idealistic, and logical. They may require acceptance of parental discipline and the search for identity and freedom are the hallmarks of this period. Adolescents also urge to be more independent and cause parenting difficulties [11].

Children with permissive and authoritarian parenting have lower self-esteem than children who are cared for by a common pattern [12]. Permissive parenting model will produce less confident children. This happens because this parenting model tends to spoil his kids, the parents are loose or free, and the guidance on the child is less.

Parents with permissive parenting, tend not to rebuke or warn children when children are in danger, and very little guidance provided by them. The limited experience and mentally immature make difficult for children to make decisions about social expectations, they do not know which behaviors are in line with social expectations, they do not know which ones are allowed and which should not be. As a result of that, they tend to be frightened, anxious and self-concept: low self-esteem [9]. The use of permissive parenting can be improved by the role of control by the father where it can influence the process of development and guide the child overcome the conditions in social relationships [13].

Chi-square test results obtained the score of 11,539 bigger than the table of 5,991 with  $p\text{-value} = 0.003$  ( $p < \alpha = 0.05$ ) hence it is concluded there is significant influence between parenting to the event of low self-esteem in mental patient at the installation of integrated mental health services in general hospital of Banyumas, Central Java Indonesia. In families where there are mutual trust and compatibility between parents and children, it will form a more positive view of themselves. When children are mistreated, they often show an unconfident pattern of involvement in their social relationships as adults [11].

## IV. CONCLUSION

Patients with mental disorders with low self-esteem problems occur as many as 20 people (58.8%) and the rest not with the respective problems. The parenting pattern applied by parents of mental disorder patients is mostly authoritarian as much as 17 people (50%), while the remaining is permissive of 6 people (17.6%) and democratic 11 people (32.4%). There is a significant influence on parenting and low self-esteem occurrence in Banyumas Integrated Health Service Installation.

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