

THE RELATIONSHIP BETWEEN PERCEIVED PARENTING BEHAVIOURS  
AND SELF ESTEEM IN ADOLESCENTS OF LUSAKA

by

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of Master of Arts in Child and Adolescent Psychology.

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**DECLARATION**

This dissertation was written and submitted in accordance with the rules and regulations governing the award of Master of Arts in Child and Adolescent Psychology of the University of Zambia. I further declare that the dissertation has neither in part nor in full been presented as substance for award of any degree, either to this or any other University. Where other people's work has been used, acknowledgement has been made.

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**APPROVAL**

This dissertation of Makani Muhwanga is approved as fulfilling the requirements of the degree of Master of Arts with Child and Adolescent Psychology by the University of Zambia.

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## ABSTRACT

Parenting has long been acknowledged to be a process that fosters and initiates socialization in the child. This relationship has been explored extensively but very little is known in the African setting. Parenting studies in this part of the world are limited even though very necessary in understanding what works in cultures other than the West. Therefore, the present study sought to find out whether a relationship existed between perceived parenting behaviours and self esteem in adolescence in Lusaka. A sample of 80 adolescents aged between 16 and 18, drawn from Munali Girls, Kabulonga Boys, Kamwala and Libala High schools.

The Perceived Parental Behaviour Inventory was used to measure perceived parental behaviours as perceived by adolescents. This consisted of four domains of; support, interest and encouragement; participation; nurturing and expectation. The Self Description Inventory was used to measure adolescent self esteem in four domains of: relations with family; relations with peers; physical appearance and emotional stability. The data obtained was summarized in frequency tables and a Spearman correlation analysis between self esteem and perceived parental behavior was conducted. Results showed that there was a positive correlation between self esteem in the domain of relations with family and perceived parental behaviour. Perceived parental expectation negatively and significantly correlated with self esteem in the domain of emotional stability.

Perceived parental behaviour did affect self esteem in adolescence though it was observed that parental behaviour worked with other factors in the process of the development of self esteem in adolescence.

*To my late father, Mr Mweemba Fortune Muhwanga.*

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