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## THE INFLUENCE OF PARENTS' ATTACHMENT ON SELF-ESTEEM AT ADOLESCENTS (16-18 YEARS OLD, SHKODRA CASE)

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**Abstract:** Attachment is the emotional bond between the infant and the caregiver that have a tremendous impact that continues throughout life. Relationship with the parents plays an important role in the development and the growth of the adolescent. Adolescence defined as a phase of development is characterized by rapid changes in physical, psychosocial, sexual, moral and cognitive growth, changing from a child into adolescent. The presence of both parents facilitates the transition period of the adolescent allowing a child to experience the identification and the development of the self-esteem. The present study investigates the relationship between parental attachments with the self-esteem development during late adolescence at Shkodër Municipality. A *literature* review and a *survey* questionnaire is used to investigate the parent attachment and self-esteem. The sample is randomly selected. There are collected data from adolescents (N=387), including male pupils (N=166) and female pupils (N=221) between 16-18 years old from rural area (N=144) and from urban area (N=243) from seven high schools of Shkodër Municipality. We have used three self administrated questionnaires: a Demographic Questionnaire, the Inventory of Parent Attachment Bonds (Armsden & Greenberg, 1987) with 28 items, and Rosenberg Questionnaire with a Likert Scale (1- Almost Never or Never True to 5- Almost True or Always True) and Self Esteem Scale (Rosenberg, 1965), Likert Scale (0-Strongly Disagree to 3 Strongly Agree). Pearson Correlation and Independent sample t-test are applied. A specific attention in this study is focused on the assessment of attachment and adolescent self-esteem. Results showed that there is a significant positive relationship between parental attachments with adolescents' self-esteem development. The research continues with an examination of gender differences and rural-urban differences between parental attachment bonds and self-esteem during late adolescence. We emphasize that female and urban adolescents scored higher at the questionnaire of parent attachment and self-esteem measurements. This research allows us to develop a new insight into the importance of parental attachment bonds important to healthy adolescents phase. Parents should know the profound neurocognitive, emotional and social changes that occur during adolescence. A positive self-esteem in adolescence empowers them to try new things, be confident, take healthy risks and solve problems. Parents, education professionals, psychologists, social workers should be knowledgeable about adolescent development, personality traits and the value of adolescent-parent attachment.

**Keywords:** attachment, adolescent, parents, self-esteem

### 1. INTRODUCTION

Adolescence is a transition phase from child to adulthood which is accompanied by biological and psychosocial maturity. It is a period of life with specific health and developmental needs for adolescents. The quality of attachment has a greater impact on the life of adolescents. Attachment is defined as a deep and enduring emotional bond that connects one person to another across time and space (Stein, 2002; Ainsworth, 1973; Bowlby, 1969). Parent and peer attachment has profound effects on development of cognitive skills, manage emotions, self esteem and social relationships. Self-esteem refers to individual's perception or subjective appraisal of one's own self-worth, one's feelings of self-respect and self-confidence and the extent to which the individual holds positive or negative views about self (Sedikides & Gress, 2003; Rosenberg, 1965). The characteristics of both the individual and the environment influence the changes taking place during adolescence.

### 2. RESEARCH METHODOLOGY

The present study investigates the relationship between parental attachments with the self-esteem development during late adolescence at Shkodër Municipality. The sample is randomly selected. There are collected data from adolescents (N=387), including male pupils (N=166) and female pupils (N=221) between 16-18 years old from rural

area (N=144) and from urban area (N=243) from seven high schools of Shkodër Municipality during the academic year 2018-2019.

*Demographic questionnaire.* The demographic questionnaire requires adolescents to indicate their age, gender, and class.

*IPPA questionnaire:* To assess Parent and Peer Attachment it is used Inventory of Parent and Peer Attachment (IPPA). The IPPA was developed in order to assess adolescents' perceptions of the positive and negative affective/cognitive dimension of relationships with their parents and close friends -- particularly how well these figures serve as sources of psychological security (Armsden & Greenberg, 1987). It is used the original version that consists of 28 parents' items and 25 peer items, yielding two attachment scores

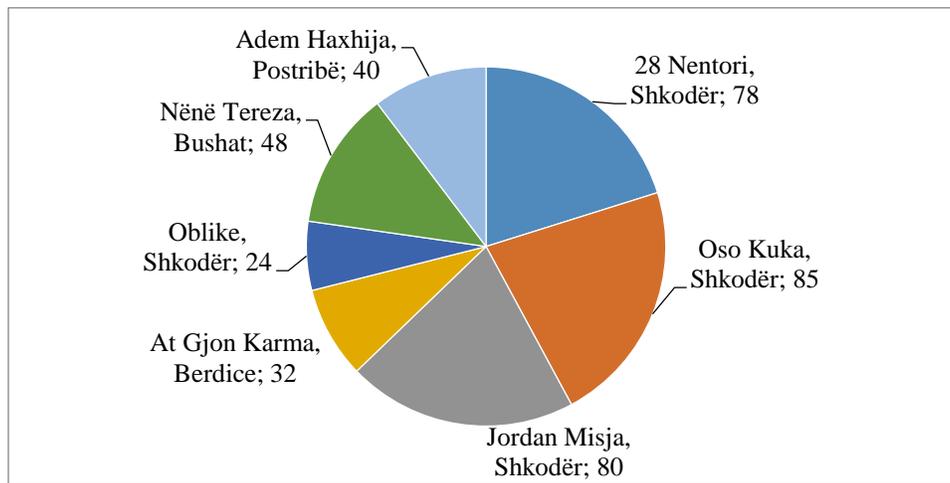
*Self-esteem scale:* Adolescents self-esteem was assessed using the Rosenberg (1965) Self-esteem Scale. The scale consists of 10 items answered using a four-point Likert.

### 3. RESULTS

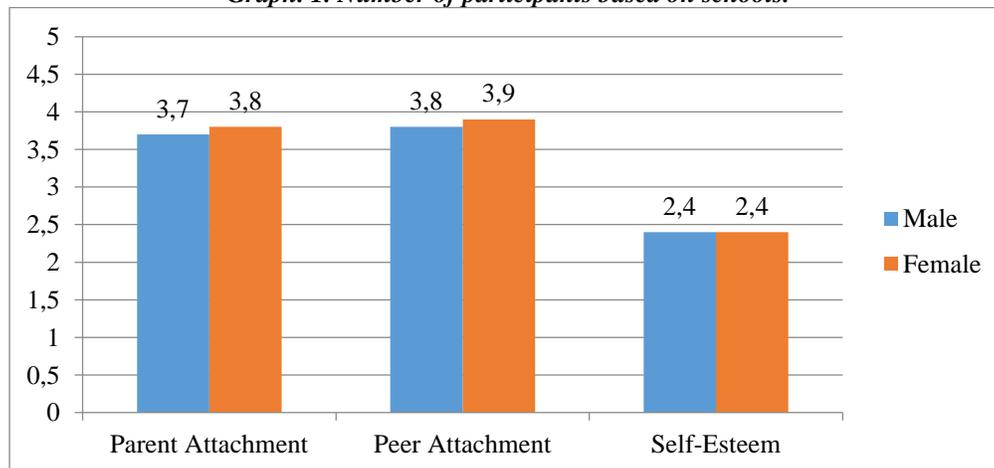
The results about the attachment of adolescents in this study are presented through tables and graphs below:

**Table 1. Descriptive statistics of the Sample: the number of the sample: on gender, group age, and area rural/urban.**

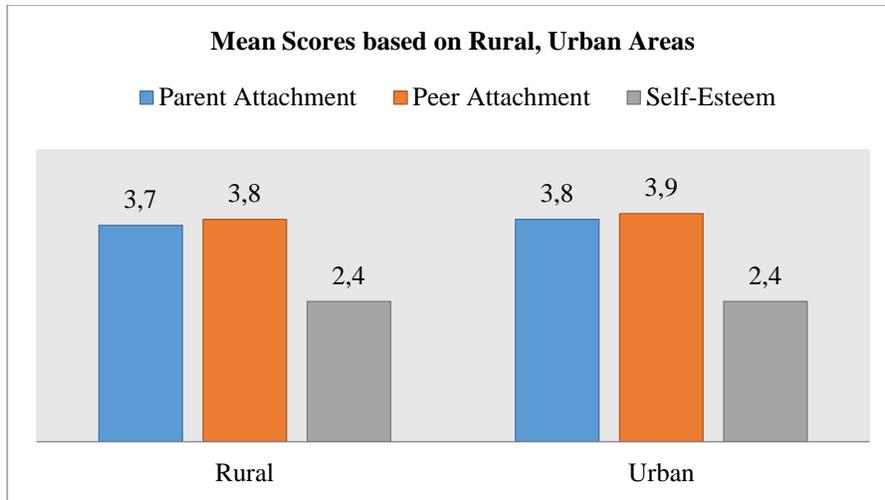
Sample	Gender		Age		Location	
	F	M	16-17	17-18	Rural	Urban
	221 (57,1 %)	166 (42,9 %)	162 (42%)	225 (58%)	144 (37,2 %)	243 (62,8 %)



**Graph. 1. Number of participants based on schools.**



**Graph. 2. Mean Scores Parent attachment, Peer Attachment and Self-esteem based on gender.**



**Graph. 3. Mean Scores Parent attachment, Peer Attachment and Self-esteem of the adolescents based on location.**

*Table 2. Correlation among Self-esteem, Parental and Peer at female adolescents (N=218)*

		Self-Esteem	Parent Attachment	Peer Attachment
Parent Attachment	Pearson Correlation	,308**	1	,998**
	Sig. (2-code)	,000		,000
	N	212	218	218
Peer Attachment	Pearson Correlation	,322**	,998**	1
	Sig. (2-code)	,000	,000	
	N	212	218	218

\*\* Correlation is significant at the 0.01 level (2-tailed)

A Gender= female

Table 2, reveals that there is positive correlation between the self -esteem and peer attachment ( $r=.32$ ,  $P<0.01$ ) at females. The degree of relation was medium between these two variables, but stronger regarding the correlation between self -esteem and parent attachments. There is a positive correlation between self esteem and parent attachments ( $r=.30$ ,  $p<.0.01$ ).

*Table 3. Correlation among Self-Esteem, Parental and Peer at male adolescents (N=165)*

		Self-Esteem	Parent Attachment	Peer Attachment
Parent Attachment	Pearson Correlation	,350**	1	,997**
	Sig. (2-code)	,000		,000
	N	161	165	165
Peer Attachment	Pearson Correlation	,356**	,997**	1
	Sig. (2-code)	,000	,000	
	N	161	165	165

\*\* Correlation is significant at the 0.01 level (2-tailed)

A Gender= Male

Table 3, reveals that there is a positive correlation between the self- esteem parent attachments and peer attachment at the same level ( $r =.35$ ,  $P<0.01$ ) at males. The degree of relation was stronger and equal between these three variables.

**Table 4. Correlation among, Parental, Peer and Self-Esteem at rural adolescents (N=144)**

		Parent Attachment	Peer Attachment	Self-esteem
Parent Attachment	Pearson Correlation	1	,998**	,332**
	Sig. (2-code)		,000	,000
	N	144	144	140
Peer Attachment	Pearson Correlation	,998**	1	,345**
	Sig. (2-code)	,000		,000
	N	144	144	140

**\*\* Correlation is significant at the 0.01 level (2-tailed)**

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Rural area

Table 4, reveals the correlation about the adolescents from rural areas. There is a positive correlation between parent attachment and peer attachment at the level ( $r = .99$ ,  $P < 0.01$ ). Meanwhile there is a stronger correlation between peer attachment and self- esteem at the level ( $r = .34$ ,  $P < 0.01$ ) rather than parent attachments and self esteem which is at the level ( $r = .33$ ,  $P < 0.01$ ).

**Table 5. Correlation among, Parental, Peer and Self-Esteem at rural adolescents (N=239)**

		Parent Attachment	Peer Attachment	Self-esteem
Parent Attachment	Pearson Correlation	1	,998**	,297**
	Sig. (2-code)		,000	,000
	N	239	239	233
Peer Attachment	Pearson Correlation	,998**	1	,307**
	Sig. (2-code)	,000		,000
	N	239	239	233

**\*\* Correlation is significant at the 0.01 level (2-tailed)**

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Urban area

Table 5, reveals the correlation about the adolescents from urban areas. There is a positive correlation between parent attachment and peer attachment at the level ( $r = .99$ ,  $P < 0.01$ ). Meanwhile there is a stronger correlation between peer attachment and self- esteem at the level ( $r = .30$ ,  $P < 0.01$ ) rather than parent attachments and self esteem which is at the level ( $r = .29$ ,  $P < 0.01$ ).

#### 4. DISCUSSIONS & CONCLUSIONS

The purpose of conducting this research was to assess the relationship of parental and peer attachment bonds with the self esteem development during late adolescents and identifying the differences based on gender and rural/urban area. Results showed that there is a significant positive relationship between parental and peer attachment bonds and a significant positive relationship between peer's attachment bonds with self-esteem development. There is no gender difference in self esteem between male and female. There is a small difference in parental and peer attachment were female are more attached to parents and peers than male. We notice that rural areas are more attached with their parents and peers than adolescents from urban areas. Parents should know the role of the positive self-esteem at their teen's life. Having a positive self-esteem allows them to try new things, take healthy risks and solve problems. These experiences enable children to develop the necessary social skills and to learn to display appropriate emotional responses (Kobak and Sceery, 1988). A more mature personality and emotional stability are linked to higher self-esteem (van Soest et al., 2018, Orth, et al., 2014; Girard et al., 2018). Self-efficacy and self-fulfilment are positively linked to self-esteem (Chang & Suttikun, 2017). Low self-esteem is linked to low socioeconomic conditions, living alone, feeling incompetent, and being involved in risky situations (von Soest, Wagner, Hansen, & Gerstorf, 2018).

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