



RESEARCH PAPER

**Parental Occupation Relationship with Parental Authority,
Introversion, Self-Esteem, Religiosity and Social Anxiety among
Youngsters**

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The main objective of this study is to find out whether parental occupation affects parental authority, introversion, self-esteem, religiosity and social anxiety of Youngsters or not. Total of 550 participants were screened out in the initial process out of which 400 were selected who fulfilled the selection criteria. Out of 400 students, 50% (N = 200) were male and 50% (N = 200) were female students from different colleges and high schools of Pakistan. Urdu version of The Social Interaction Anxiety Scale (SIAS), Self-esteem Scale, Big Five Inventory, Parenting Authority Scale and Religiosity and Spirituality Scale for Youth scale was used to collect data. Result show that there is non-significant difference between father and mother's occupation (job and business) on social anxiety and self-esteem of youngsters. However, there exist a significant difference between father and mother's occupation on religiosity of youngsters.

Introduction

The age of adulthood is a time in which different people take many decisions in their life to maintain their life. These decisions affect their lives. For example, people decide in which school they want to take admission and what are the functions they would perform in their life. It is the same age in which people may engage in different illegal and immoral activities like alcohol consumption, sexual experience, and many others. So it can be said that this is the age of making and taking important decisions in life (Seligman, 1971).

Accordingly, parental authority occurs on a conflict basis of disagreement between both parties. Without conflict, no authority effect is required to achieve

obedience. The parent-child conflict reflects the growing contradiction during youth between the normative adolescent attempts to expand his/her psychologically and behaviourally autonomous boundaries versus the parent's efforts to persist with protecting, regulating, and socializing the child (Sarris&SiSwati, 2010). Conflict of interests appears, as motion, concerning diverse issues containing different significance, according to the social domain they represent in the minds of both parties. The conflict around the network of issues is an instrument in the adolescent's hands which enables him to challenge prenatal authority for the gradual transfer of conventional issues into his jurisdiction (Saleem& Rafiq, 2008; Smetana, 2005). Fair aspirations of control over potentially personal issues among adolescents may indicate a healthy development of successful autonomy (Yaqoob& Maqbool, 2010). Moreover, except differences between children's parental authority conceptions according to the age of the child, Darling et al. (2008) have identified patterns of individual differences in legitimacy attributions to parental authority as a function of its centrality in the adolescent consciousness.

In terms of parenting, overprotection, rejection, and reduced emotional warmth were associated with offspring social phobia (Hutteman et al., 2009). However, this result did not clarify whether it was psychopathology, overprotection, or the interaction of both that had an impact on social phobia in children. In other analyses (Hutteman et al., 2009), the authors found that in parents who did not have social phobia, emotional warmth was an individual inverse predictor of subthreshold and of persistent social phobia in children. However, when the parents had social phobia, overprotection was associated with persistent offspring social phobia. When controlling for parental psychopathology, offspring social phobia was associated with family communication, affective over-involvement, and general family functioning (Hutteman et al., 2009). In a cross-sectional design that recruited adolescent participants between the ages of 14 and 17, Lobbestael (2010) found similar results with the difference that lack of emotional warmth failed to reach significance. Hence, several elements of family functioning appeared to influence social anxiety disorder in children.

Colleges have mostly students from different backgrounds which create many intricate ways of patterns. This leads to a general lifestyle of getting matured students that they modify themselves and also enhance their personalities. Many studies have shown that as the self-esteem increases, it will decrease the social anxiety level (Ilyas, 2013). It also shows that parenting style also affects the level of social anxiety which follows self-esteem. This effect is different in different age groups (Waheed et al., 2013).

There are some studies that show the contribution to examine the authority on parenting styles in association with introversion (personality style), self-esteem level and religious factors that are involved in the prediction i.e. social anxiety among adolescents. In addition, the religious factors are less coped in some aspects.

Butt and Mohsin (2010) have worked on the association between two age groups of adolescence related to social anxiety. This is limited to the study of some factors like parenting style, introversion, self-esteem level and religious factors.

The main objective of the study is to investigate parental occupation relationship with parental authority, introversion, self-esteem, religiosity and social anxiety among youngsters.

Literature Review

Shaheen and Masood in 2014 conducted a study to see the relationship between social anxiety and self-esteem among adults. The result showed that there is a significant negative relationship between social anxiety and self-esteem. Further, the study showed that there is a significant difference exists between males and females on social anxiety. Masood (2018) studied the relationship between parental authority and self-esteem in young adults. Results showed that there is a statistically significant relationship between parental authority and self-esteem in young adults. In the same way, authoritarian and authoritative parenting style has positive and negative relationship respectively with the self-esteem in later life. Tsai et al., (2001) found that children's apparent parental over switch was so associated with advanced levels of self-reported social nervousness within both a scientific outpatient sample of youth with numerous psychiatric complaints and a healthy switch group. It was also found that children's apparent parental refusal did not forecast self-reported heights of social anxiety. Thus, the link between parental refusal and child social anxiety remains indistinct and needs replication.

Öhman and Mineka (2001) conducted a study to explore the relationship between anxiety and self-esteem among adults. The result of this study showed that there is a significant negative relation between anxiety and self-esteem. Further, the study showed that there is a significant difference exists between males and females on anxiety and self-esteem. In Pakistan, the investigation on parenting styles in association with social anxiety is not so much adequate however with an orientation to foreign investigates parental over switch is specific childrearing conduct related to raised levels of social anxiety in youths (Ali et al., 2008). Saleem and Rafiq (2008) investigated the relationship between Introversion and self-esteem in the students of the university. The main hypothesis of this study was that there is a significant relationship exists between Introversion types and self-esteem. The result showed that there is a significant negative relation between introversion and self-esteem in university students.

Bilal and Kausar investigated in (2009) the relation between social anxiety, self-esteem, and academic achievement. The result was showed that there is a significant negative relationship between social anxiety and self-esteem. Moreover, the result showed that there is significant negative relation exist between social anxiety and academic achievement. Iqbal and Tariq (2014) investigate the relationship between social anxiety, self-esteem, and academic achievement. The

result showed that there is a significant negative relationship between social anxiety and self-esteem. Moreover, the result showed that there is significant negative relation exist between social anxiety and academic achievement. Colleges are always filled with students from various backgrounds, generating a community that is a composite of many intricate patterns. These patterns lead to a general lifestyle of adolescent students according to which they have to modify themselves and their personalities.

Several researches revealed that there is a major negative association between social anxiety and self-esteem. This thing indicated that an increase in the level of self-esteem causes a decrease in the level of social anxiety (Ilyas& Fatima, 2013). It also formulated that style of parenting has a great influence on social anxiety following self-esteem. The parenting style is a major influence of self-esteem among the different age groups more in adolescence (Waheed et al., 2013).

Following is the main hypothesis of the present study.

H1: There is significant difference between parental occupation relationship with parental authority, introversion, self-esteem, religiosity and social anxiety among youngsters.

Material and Methods

Total of 550 participants were screened and recruited in the early process and then data were collected from total of 400 participants. 150 participants either did not return the questionnaires or didn't fill the questionnaire accurately. Among 400 participants, 50% were males (N= 200) and 50% were females (N= 200) studying in different schools and colleges of and different fields of study, in Pakistan. The Social Interaction Anxiety Scale (SIAS) was observed to examine those students who were based on the above average social anxiety level. The data were based on the self-esteem, parenting styles, introversion (personality trait) and religious factors as predicting aspects of social anxiety. The sample which was selected has four scales to measure. Both male and female students were included in the current research. These students have different backgrounds and study level like intermediate. The age of the students was between 13 to 19 years. The students, who had any diploma or foreign qualification, were exempted from the research. The students, who did not lie among the suggested age group, were also excluded from the current study.

SIAS examined the students on the basis of above average social anxiety level in the first phase of research. The selected participants were served as main samples to examine the self-esteem level, parenting styles and introversion as personality trait for the prediction of social anxiety level among them. In the second phase of the research, those students were contacted again and then interviewed on the basis of selected valid and reliable measures i.e. self-esteem measure to examine self-esteem, big five inventory scale to measure introversion aspects, parental authority scale to examine the respondents' perception about their parents and religious and

spirituality scale to measure the youth indication for religious coping factor of social anxiety.

Results and Discussion

The results of the study are mentioned in this section of the paper. Statistical package for social sciences version 24 (SPSS-24) was used for the analysis of the data. Initially, the demographic variables were calculated using descriptive statistics. Later reliability analysis was conducted for the study variables and scales. Finally the correlations and independent sample t-test were used. These results are given below.

Table 1
Descriptive Statistics of Participants (N=400)

Variables	N	Percent
Gender		
Male	200	50%
Female	200	50%
Total	400	100%
Father Occupation		
Job	280	70%
Business	120	30%
Total	400	100%
Mother Occupation		
Job	95	24%
House Wife	305	76%
Total	400	100%

Table 2
Mean Differences between Father's occupation (Job and Business) on social anxiety, self-esteem, Religiosity, Introversion, Parental Authority (N = 400).

Variables	Job (n=280)		Business (n=120)		t(df)	p	95CI%		Cohen's d
	M	SD	M	SD			UL	LL	
Social Anxiety	56.54	13.59	58.00	13.47	-1.32	0.18	-.71	3.63	0.11
Self Esteem	77.81	12.41	78.49	13.91	-.63	0.52	-1.43	2.79	0.05
Religiosity	160.36	14.38	157.96	14.82	2.00	0.04	-4.73	-.05	-0.16
Parental Authority	68.24	14.78	69.30	16.03	-.83	.40	-1.41	3.52	0.07

The above table showed that there is a non-significant difference between job and business (father occupation) on social anxiety which means that both groups have the same score on this variable. The table showed that there is a non-significant difference between job and business (father occupation) on self-esteem which means that both groups have the same score on this variable. The table showed that a significant difference exist between job and business (father occupation) on religiosity. Further, the table showed that those participants whose father are doing a job, experience more religiosity as compared to those who are doing their own

business. The above table showed that there is a non-significant difference between job and business (father occupation) on Introversion which means that both groups have the same score on this variable. The above table showed that there is a non-significant difference between job and business (father occupation) on parental authority which means that both groups have the same score on this variable.

Table 3
Mean Differences between mother's occupation (Job and housewife) on social anxiety, self-esteem, Religiosity, and Introversion (N = 400)

Variables	Job (n=95)		House wife (n=305)		t(df)	P	95CI%		Cohen' s d
	M	SD	M	SD			UL	LL	
Social Anxiety	58.00	13.47	56.54	13.59	1.32	0.18	-0.71	3.63	0.11
Self Esteem	78.49	13.91	77.81	12.41	0.635	0.52	-1.43	2.79	0.05
Religiosity	157.96	14.82	160.36	14.38	-2.00*	0.04	-4.73	-0.05	-0.16
Parental Authority	69.30	16.03	68.24	14.78	.836	.40	-1.41	3.52	0.07

The above table showed that there is a non-significant difference between job and housewife (mother occupation) on social anxiety which means that both groups have the same score on this variable. The above table showed that there is a non-significant difference between job and housewife (mother occupation) on self-esteem which means that both groups have the same score on this variable. The above table showed that there is a significant difference between job and housewife (mother occupation) on religiosity. Furthermore, the table showed that those members whose mothers are housewives are more religious as compared to those whose mothers are doing the job. The above table showed that there is a non-significant difference between job and housewife (mother occupation) on Introversion which means that both groups have the same score on this variable. The above table showed that there is a non-significant difference between job and housewife (mother occupation) on parental authority which means that both groups have the same score on this variable.

Table 4
Pearson Correlation and Reliability analysis (N=400)

S.No	Variable	1	2	3	4	5
1	Social anxiety	.79				
2	Self-esteem	.56**	.83			
3	Religiosity	.49**	.41**	.87		
4	Introversion	.65**	.29**	.48**	.78	
5	Parental Authority	.34**	.61**	.59**	.33**	.85

The above table shows that social anxiety is significantly positively correlated with self-esteem, Introversion, and parental authority as the p-values for all these variables were less than 0.05. Moreover, the same table showed that self-esteem is significantly positively related to religiosity, Introversion, and parental authority because of the p-value for all these variables was less than 0.05. In the same way,

religiosity is significantly related to Introversion. Finally, the same table showed that Introversion is significantly related to parental authority.

Discussion

It was hypothesized that there would be a significant difference between job and business (father occupation) on social anxiety. This was checked by using an independent sample t-test. The result showed that there is a non-significant difference between job and business (father occupation) on social anxiety which means that both groups have the same score on this variable. The same result was reported by many other studies some of them are discussed here.

Mattanah conducted a study in 2001 and concluded that there is a non-significant difference on the account of the profession on the score of social anxiety. The same result was found in 2009 that the parental profession did not have any impact on children's level of social anxiety (Batey et al., 2009).

Many other studies produced the opposite result some of them are mentioned here. Anjum and Kausar (2009) reported that children's phobia is created by their parents. Moreover, they reported that there is significant differences that exist in the level of attention given by the parents who are doing the job while the parents who are doing their own business. In the same study, it was also found that in children the level of anxiety is predicted by parental attention and parental attitude.

To check the significant difference between job and business (father occupation) on self-esteem independent sample t-test was used. There are three main assumptions of the independent sample t-test. First, there should be two groups and second, the data should be on an interval scale. The third is that both groups should be equal to the variance. These assumptions are fulfilled here. The result showed that there is a non-significant difference between job and business (father occupation) on self-esteem which means that both groups have the same score on this variable. The same result was reported by many other studies some of them are discussed here. Sumy and Masood (2014) also reported the same findings that there is a non-significant difference on the children of jobholders and the children whose parents are doing business on the score of self-esteem. The same result was discussed that self-concept did not significantly differ in children whose father is doing business or those whose father is doing jobs (Babree, 1997).

Many other studies produced the opposite result some of them are discussed here. Zeigler-Hill and Myers (2009) concluded that children whose parents are doing business their level of self-esteem and self-concept are very high as compared to those children whose parents are doing the job. The same findings also reported by Ali in 2008 that there is a significant difference on adolescents on the level of self-esteem concerning their parental profession (Ali et al., 2008).

It was hypothesized that there would be a significant difference between a job and housewife (mother occupation) on social anxiety, self-esteem, religiosity, Introversion, and parental authority. This was checked by using an independent sample t-test. There are three main assumptions of the independent sample t-test. First, there should be two groups and second, the data should be on an interval scale. The third is that both groups should be equal to the variance. These assumptions are fulfilled here. The result showed that there is a non-significant difference exists between job and housewife (mother occupation) on social anxiety which means that both groups have the same score on this variable. The same result was reported by many other studies some of them are discussed here. Filipas and Ullman conducted a study in 2001 and concluded that there is a non-significant difference exist on the account of the profession on the score of social anxiety. The same result was found that the parental profession did not have any impact on children's level of social anxiety (Batey et al., 2009).

Many other studies produced the opposite result some of them are discussed here. Anjum and Kausar (2009) reported that children's phobia is created by parents. Moreover, they reported that there is significant difference that exists in the level of attention given by the parents who are doing the job while the parents who are doing their own business. In the same study, it was also found that in children the level of anxiety is predicted by parental attention and parental attitude.

To check the significant difference between a job and housewife (mother occupation) on self-esteem independent sample t-test was used. There are three main assumptions of the independent sample t-test. First, there should be two groups and second, the data should be on an interval scale. The third is that both groups should be equal to the variance. These assumptions are fulfilled here. The result showed that there is a non-significant difference exists between job and housewife (mother occupation) on self-esteem which means that both groups have the same score on this variable. The same result was reported by many other studies some of them are discussed here. Rosenberg (1965) shared that self-esteem did not have any significant effect on the account of the profession which means that every individual may or may not experience self-esteem. Kerry et al. (2014) also reported the same findings that there is a non-significant difference exist on the children of jobholders and the children whose parents are doing business on the score of self-esteem.

Conclusion

The results showed that social anxiety is significantly positively related to self-esteem, Introversion, and parental authority. Moreover, it was observed that self-esteem is significantly positively related to religiosity, Introversion, and parental authority. In the same way, religiosity is significantly related to Introversion. Finally, the result showed that Introversion is significantly related to parental authority.

The result of the next hypothesis was that there is a non-significant difference that exists between job and business (father occupation) on social anxiety which

means that both groups have the same score on this variable. The result of the next hypothesis was that there is a non-significant difference between job and business (father occupation) on self-esteem which means that both groups have the same score on this variable.

The result of the next hypothesis was that there is a significant difference between job and business (father occupation) on religiosity. Further, the table showed that those participants whose father is doing job experience more religiosity as compared to those who are doing their own business. The result of the next hypothesis was that there is a non-significant difference exists between job and business (father occupation) on Introversion which means that both groups have the same score on this variable. The result of the next hypothesis was that there is a non-significant difference between job and business (father occupation) on parental authority which means that both groups have the same score on this variable.

The result of the next hypothesis was that there is a non-significant difference between job and housewife (mother occupation) on social anxiety which means that both groups have the same score on this variable. The result of the next hypothesis was that there is a non-significant difference between job and housewife (mother occupation) on self-esteem which means that both groups have the same score on this variable. The result of the next hypothesis was that there is a significant difference between job and housewife (mother occupation) on religiosity. Further, the result showed that those members whose mothers are housewives are more religious as compared to those whose mothers are doing the job.

The result of the next hypothesis was that there is a non-significant difference between job and housewife (mother occupation) on Introversion which means that both groups have the same score on this variable. The result of the next hypothesis was that there is a non-significant difference between job and housewife (mother occupation) on parental authority which means that both groups have the same score on this variable.

The current research has provided a platform to examine the research at national level as it has large sample size and data have been collected from different places of Pakistan. Hence, the results of the study can be generalized across the country. The current research has also suggested that there should be parenting seminars and other educational programs which regularly monitor the general population awareness at different levels to better understand the both positive and negative ways of parenting authority which involves other concerning factors also. In a look to future study, there should be investigation of functional models of associations among the parenting styles about religious coping factors which are concerned about the social anxiety level among different age groups with moderating and mediating patterns.

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