

Parental Bonding and its Association With Shyness, Self-Esteem and Self-Image in Teenagers

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The present research aimed to investigate parental bonding (father care, mother care, father control, mother control) as a predictor of shyness, self-esteem and self-image in teenagers. It was hypothesized that there was a relationship among shyness, self-esteem, and self-image. It was further hypothesized that there would be gender differences in parental bonding, shyness, self-esteem, and self-image. The sample comprised of 160 teenagers (boys = 80 & girls = 80), age ranged from 16 to 19 years. Data were collected from private colleges situated in the city of Lahore. To assess parental bonding, Parental Bonding Instrument was used (Parker, Tupling, & Brown, 1979). Shyness was measured by using Cheek and Buss Shyness Scale (Cheek & Buss, 1983). Self-Image Profile was used to measure self-esteem and self-image (Butler & Gasson, 2004). Stepwise regression analysis was carried out to find out the predictors of shyness, self-esteem and self-image. Pearson product moment correlation was used to find out the relationship among the variables. *t*-test was used to find out gender differences. Parental bonding emerged as a strong predictor of shyness, self-esteem and self-image. Moreover, there was a negative relationship of shyness with self-esteem and self-image. No significant gender differences were found in shyness, self-esteem and self-image.

Keywords: Shyness, self-esteem, self-image