

## Assessing Parenting Styles, Self-Esteem and Self-Disclosure of Adolescents in Nsukka Urban, Enugu State

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### Abstract

The major purpose of the study was to assess the parenting styles, self-esteem and self-disclosure of adolescents in Nsukka Urban. Five specific objectives guided the study. A cross-sectional survey research design was adopted for the study. The population for the study consisted of all the SSI and SSII students in 15 government secondary schools in Nsukka urban. The sample size was 344 SSI and SSII students in nine secondary schools in Nsukka Urban. A modified standardized questionnaire was used for data collection. Cronbach Alfa reliability co-efficient of 0.80 was obtained for the instrument. The data from the questionnaire were coded and input into the Statistical Product and Service Solution (IBM-SPSS, version 23.0). Descriptive results were presented in frequencies, percentages mean and standard deviations. Findings revealed that the authoritative parenting style was more prevalent (52.00%) among the participants. The majority (89.20%) of the adolescents had high self-esteem. Respondents with high levels of self-disclosure were 78.80%. The study concludes that adolescents in the study area had a relatively high level of self-esteem and a high level of self-disclosure. Authoritative parenting style was more prevalent in the area. The study recommends that more research should be conducted in other parts of the state and Nigeria to provide national data on prevalent parenting styles used on adolescents and the levels of self-esteem and self-disclosure of adolescents.

**Keywords:** Parenting style, adolescent, self-esteem, self-disclosure

## Introduction

Adolescence is the most important period of life where growth and development are accompanied by various physical, physiological, behavioural and social changes. It is the period in life when an individual is no longer a child, but not yet an adult. According to World Health Organization [WHO] (2015), adolescence refers to the transitional phase of growth and development between late childhood and adulthood while an adolescent is any person between the ages of 10 and 19 years. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. It is widely accepted that adolescence is a time of transition involving multidimensional changes: biological, psychological, cognitive and social changes (Steinberg, 2002). One of the most important functions of the adolescence stage is to discover one's identity and view of life, without inner conflict and the need to always act within acceptable moral standards, abide by parental authority, or meet peer expectations (Karacic & Oreskovic, 2017). The individual's capacity for abstract and critical thought also develops, along with a sense of self-awareness when social expectations require emotional maturity. Adolescents build their self-esteem at this stage of their life.

Self-esteem is an individual's subjective evaluation of their worth. It encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame. According to Smith and Mackie (2007), self-concept is

what people think about the self; and self-esteem is the positive or negative evaluations of the self, and how they feel about it. Self-esteem is a major key to success in life. This social dominance simply means that adolescents on the middle level on the self-esteem scale are comprised of varied personality characteristics, some of which can be more positive than others (McLeod & Uemura, 2012). Self-esteem can be high or low. High self-esteem simply means that the individual respects himself, and considers himself worthy. Low self-esteem, on the other hand, implies self-rejection, self-dissatisfaction, and self-contempt.

An individual faces many problems during the adolescence stage and many times it becomes very difficult to maintain an optimal level of self-esteem. With globalization, the concept of personal space is expanding very fast and teenagers usually demand personal space for themselves. Their relative immaturity, heightened emotionality, and eagerness to become independent may take them on the wrong path and lead to devastating results, such as cybercrimes, drug addiction, risky sexual behaviours and low self-esteem (Orth & Robins, 2014). It is the role of parents to provide their children with enough physical and psychological space so that they can grow and form their own identity. However, this is a challenging task for parents due to their need to always monitor and supervise their children (Orth & Robins, 2014). Parents should keep an eye on their teenagers without making them feel like their intelligence and abilities are being

questioned. Children's self-disclosure, self-confidence, and self-esteem can all be damaged as well as the trust between parents and children if they even have the tiniest inkling that what they do are being scrutinized and doubted by their parents. The nature of the relationships adolescents have with each of their parents has a significant impact on how they develop and adjust. Any adolescent's level of self-esteem is influenced by the standard of care they receive, the environment in which they live, and the parenting style their parents apply (Orth et al., 2014). This implies that the styles parents employ in raising their children affect their self-esteem.

Parenting is the process or the state of being a parent and parenting style is a psychological construct representing standard strategies that parents use in their child-rearing process. Parenting styles are the representation of how parents respond and demand from their children. It is significantly related to a child's subsequent mental health and well-being. Parenting style provides a robust indicator of parenting functioning that predicts child well-being across a wide spectrum of environments. Parental responsiveness and parental demandingness are important components of good parenting. Parenting style usually is conceptualized along two dimensions: parental demandingness (control) and parental responsiveness (warmth), which can be combined to create four categories of parenting: authoritative (high demandingness and high responsiveness), authoritarian (high demandingness and

low responsiveness), indulgent or permissive (low demandingness and low responsiveness), and indifferent or neglecting (low demandingness and low responsiveness). Parenting is a dynamic process not a fixed state therefore it needs continuous assessment of the child's needs, abilities and situational demands. Parental support is crucial in adolescence and parents could promote self-esteem in their children and reduce psychological distress by offering their support throughout this developmental phase (Boudreault-Bouchard et al., 2013). The type of parenting style adopted by parents could be a factor in the self-disclosing ability of their children.

Self-disclosure is the process of passing on information about oneself to someone else - intentionally or unintentionally. The details can range from the superficial, such as favourite food or TV show, to deeply personal information, such as religious beliefs, and big turning points in one's private life. What parents do can hinder or foster adolescent disclosure in parent-adolescent relationships. Soenens et al. (2006), examined the relationship between parenting dimensions and self-disclosure by comparing three models that describe the dynamics of parenting including self-disclosure, perceived parental knowledge, and problem behaviour. The study found that high responsiveness and high behavioural control and low psychological control can predict adolescent self-disclosure. For instance, according to Soenens et al. (2006), when parents build a relationship of trust with their adolescents,

by creating a safe environment that is warm and supportive, it can make adolescents more eager to share inner feelings with parents and others. In another study, Vieno et al. (2009) examined the relationship between parenting, adolescent self-disclosure, and antisocial behaviour. The results indicated that parenting practices and styles correlated with parental knowledge of adolescents' whereabouts and activities, antisocial behaviour, and adolescent disclosure. However, further analyses showed a significant relationship between mothers' control and antisocial behaviour in teenage boys.

Presently, parents promote and encourage self-disclosure from children, because voluntary disclosure from a child enables parents to know more about him/her and also helps in building an atmosphere of trust and honesty towards each other. A child's disclosure to his or her parents is related to the child's perceptions of the overall quality of family communication. Greater disclosure in relationships shows greater involvement (emotional), liking, feeling of intimacy and relationship satisfaction. Self-disclosure, depending on the reaction of relationship partners, also plays an important role in validating self-worth and personal identity. Adolescents may disclose less to parents because the content may become less acceptable. Reduced self-disclosure in adolescent is a part of the developmental process of separation and individuation in which the parents and the adolescent both plays a major role. Factors such as the relationship between the communicators,

the gender of the communicators, the specific mode of communication and the context of the interaction appear to moderate the degree of disclosure.

Adolescents' lack of disclosure has been a source of heartache and disaster for so many families. Teenagers who internalize frustration and have negative emotions are vulnerable to suicide and other anti-social vices. Studies have shown a link between a lack of sharing inner feelings and adolescent suicide and other anti-social behaviours. Horesh and Apter (2006) examined the relationship between self-disclosure, depression, anxiety and suicidal behaviour among adolescent psychiatric inpatients and found a significant correlation between suicidality and low levels of self-disclosure. The result of the study suggests that adolescents who scored lower on sharing feelings have a higher chance of committing suicide or getting involved in other unhealthy behaviours. From the ongoing, parenting styles adopted by parents of adolescents are very vital in the adolescent's level of self-esteem and self-disclosure development. Thus, the interest of this study was to investigate the influence of the various parenting styles on self-esteem and self-disclosure which will help to produce well-behaved adolescents in Nsukka urban.

*Objectives of the study:* The specific objectives of the study were to:

1. assess parenting style used on secondary school students in Nsukka Urban;
2. assess the self-esteem levels of the students;

3. assess the self-disclosure levels of the students;
4. determine the relationship between socio-economic factors and self-esteem and self-disclosure levels of adolescents in Nsukka Urban.
5. determine the relationship of parenting styles with levels of self-esteem and self-disclosures of adolescents in Nsukka Urban

### **Methodology**

**Study design:** Cross-sectional survey research design was adopted for the study.

**Population for the study:** The population for the study consisted of 3,241 students from 15 public senior secondary schools in Nsukka Urban Enugu state.

**Sample size:** Sampling was done in multiple stages. In the first stage 60% of the 15 schools, a total of 9 schools were selected from the list of schools using simple random sampling by balloting. In the second stage, the WHO (2013) formula for calculating sample size in a population was used to calculate a sample size of 344. The third stage involved the use of proportionate sampling to determine the number of subjects from each of the nine schools. Finally, simple random sampling without replacement was used to select respondents from classes SS1 and SS2 in the nine selected schools to participate in the study.

**Instrument for data collection:** The data for this study were collected using three standardized instruments and a structured questionnaire. The structured questionnaire elicited data on the socio-economic characteristics of the

respondents. The first standardized instrument was the PS-FFQ (Parenting Style Four Factor Questionnaire) developed by Shyny (2017). The PS-FFQ contains 32 items measuring four parenting styles; authoritarian, authoritative, permissive and uninvolved parenting styles. Responses were on a 5-point Likert scale from never (1) to all the time (5). The numbers entered by the respondents for each style were summed up and the style they scored highest in was taken as the parenting style used on them. Respondents' self-esteem was assessed using the Adolescent Self-esteem Questionnaire (ASQ) developed by Hafekost, et al. (2017). The ASQ is a 13-item measure of global self-esteem which was on a 5-point Likert scale from hardly ever (1) to almost all the time (5). Item scores were summed, and a higher score reflects higher levels of self-esteem and vice versa. The Jourard 60-item self-disclosure questionnaire by Jourard and Lasakow (1958) was modified to 42 items and used to assess adolescents' self-disclosure in areas such as attitude, taste and interest, studies, money, item shared, personality and body. It was arranged on a 4-point rating scale of "I have not told others about it (0)", "I talked in general terms about this (1)", "I talked in full detail (2)" and "I lied about it (0)." The numerical entries were summed yielding totals which constituted the self-disclosure scores.

**Validity and reliability of the instrument:** The instruments were validated by three experts from the Department of Home Science and Management, University of

Nigeria, Nsukka. Their suggestions and corrections were used to produce the final version of the questionnaire used for the study. To determine the reliability of the questionnaire, the “trial testing of the instrument” was done using a Government Senior Secondary School in Udenu L.G.A., which shares similar characteristics with Nsukka Urban. Cronbach Alfa reliability formula was used to obtain a significant reliability coefficient of 0.80.

*Method of data collection:* Data were collected with the help of two trained research assistants using the research instrument. The copies of the questionnaire were distributed by hand to the respondents in their various classrooms by the researchers and the trained assistants. The respondents were given sufficient time to fill out the questionnaire and then the questionnaire was collected the same day from the respondents to increase the chances of total return of the instrument.

*Data and statistical analysis:* The total obtainable scores for each style on the PS-FFQ was 40. The scores of the respondents for each style were summed and the style in which they obtained the highest scores was taken as the dominant parenting style used on them. Item scores on the AQ were summed with 65 as the highest obtainable score. Scores of 40 and above reflected high self-esteem levels while scores less than 40 were regarded as low self-esteem. The total obtainable score from the modified self-disclosure questionnaire was 84. Scores of 40 and above were regarded as high self-

disclosure while scores below 40 reflected low self-disclosure.

The data from the questionnaire were coded and entered into the Statistical Product and Service Solution (IBM-SPSS) version 23.0. Data were presented in frequencies; percentages, means and standard deviations. Chi-square was used to test the relationship between parenting styles and self-esteem and self-disclosure. The significance level was accepted at  $p < 0.05$ .

## **Results**

*Socio-economic characteristics of respondents:* The socio-economic characteristics of the respondents showed that 52.0% of them are males while 48.0% were females. The majority (93.0%) of the respondents were 14-17 years of age. The occupation of the parents showed 41.00% of their mothers were civil servants while 45.1% of their fathers were civil servants. The highest educational level of a greater proportion (45.6%) of their fathers was secondary school certification, while more than half (52.9%) of their mothers had their highest educational level as secondary school education. More than half (57.30%) of the respondents' families had above ₦50,000 as their household monthly income. A greater proportion of the respondents had 1-4 as their household size.

### *Parenting styles used on adolescents in Nsukka Urban*

Table 1 presents the frequency and percentage of responses on Parenting Styles used by the parents of the

respondents. Authoritative parenting style rated highest (52.00%), authoritarian parenting style was used by 39.50% of their families, while permissive parenting style was used by 4.40% of the families, and neglectful parenting style was the least (4.10%) used by the families in Nsukka urban.

**Table 1: Frequency and percentage responses on the parenting styles used on the respondents**

Parenting Styles	Frequency	Percentage
Authoritative	179	52.0
Authoritarian	136	39.5
Permissive	15	4.4
Neglectful	14	4.1
<b>Total</b>	<b>344</b>	<b>100.0</b>

Table 2 shows the percentage levels of self-esteem and self-disclosure of the respondents. The majority (86.34%) of respondents had high self-esteem, while 13.66% of them had low self-esteem. Respondents with a high level of self-disclosure were 78.80% and 21.20% of the respondents had low self-disclosure.

**Table 2: Frequency and Percentage distribution of self-esteem and self-disclosure levels of Respondents**

Level of self-esteem/ self-disclosure	Frequency	Percentage
Low self-esteem	47	13.7
High self-esteem	297	86.3
<b>Total</b>	<b>344</b>	<b>100.00</b>
Low self-disclosure	73	21.2
High self-disclosure	271	78.8
<b>Total</b>	<b>344</b>	<b>100.0</b>

Table 3 shows the relationship between self-esteem levels and the socio-economic characteristics of the respondents. Gender was not significantly ( $p > 0.05$ ) related to the self-esteem level of the respondents. Greater percentages (86.7% females and 86.0% males) of the respondents had high self-esteem. Family income has a significant ( $p < 0.05$ ) relationship with the self-esteem levels of the

adolescents. The majority (89.3%) of the respondents with high self-esteem have a family monthly income above ₦50,000. Household size was not significantly ( $p > 0.05$ ) associated with

the self-esteem of the respondents. The proportion of the respondents with high self-esteem did not differ across different household sizes.

**Table 3: Relationship between self-esteem levels and socio-economic characteristics of the respondents**

Variable	Low Self-Esteem F (%)	High self-esteem F (%)	Total F (%)
<b>Gender</b>			
Male	25 (14.0)	154 (86.0)	179 (100.0)
Female	22 (13.3)	143 (86.7)	165 (100.0)
$\chi^2 = 0.029, df = 1, p = 0.877$			
<b>Family monthly income</b>			
Less than ₦30,000	13 (29.5)	31 (70.5)	44 (100.0)
₦30,000- ₦50,000	13 (12.6)	90 (87.4)	103 (100.0)
Above ₦50,000	21 (10.7)	176 (89.3)	197 (100.0)
$\chi^2 = 11.010, df = 2, p = 0.004^*$			
<b>Household size</b>			
1-4	21 (11.9)	156 (88.1)	177 (100.0)
5-8	20 (14.9)	114 (85.1)	134 (100.0)
More than 8	6 (18.2)	27 (81.8)	33 (100.0)
$\chi^2 = 1.238, df = 2, p = 0.539$			

$\chi^2$  = Chi-square value;  $p$  = Level of significance;  $df$  = degree of freedom; \*Correlation is significant at  $p < 0.05$ .

Table 4 presents the relationship between self-disclosure levels and the socio-economic characteristics of the respondents in Nsukka Urban. The gender of the respondents has no significant ( $P > 0.05$ ) relationship with their self-disclosure levels. The majority (79.3% males and 78.2% females) of the respondents had high self-disclosure. Monthly family income was significantly ( $p < 0.05$ ) related to

the self-disclosure levels of the respondents. The majority (85.8%) of the respondents with high self-disclosure had a monthly income of above ₦50,000. The household size of the respondents was significantly ( $p < 0.05$ ) related to their self-disclosure levels. The majority (83.6%) of the respondents with high levels of self-disclosure had small household sizes of 1-4 persons.

**Table 4: Relationship between self-disclosure levels and socio-economic characteristics of the Respondents**

Variable	Low self- disclosure F (%)	High self- disclosure F (%)	Total F (%)
<b>Gender</b>			
Male	37 (20.7)	142 (79.3)	179 (100.0)
Female	36 (21.8)	129 (78.2)	165 (100.0)
$\chi^2=0.068, df = 1, p = 0.895$			
<b>Family monthly income</b>			
Less than ₦30,000	20 (45.5)	24 (54.5)	44 (100.0)
₦30,000-₦50,000	25 (24.3)	78 (75.7)	103 (100.0)
Above ₦50,000	28 (14.2)	169 (85.8)	197 (100.0)
$\chi^2=21.817, df = 2, p = 0.000^*$			
<b>Household size</b>			
1-4	29 (16.4)	148 (83.6)	177 (100.0)
5-8	33 (24.6)	101 (75.4)	134 (100.0)
More than 8	11 (33.3)	22 (66.7)	33 (100.0)
$\chi^2=6.303, df = 2, p = 0.043^*$			

$\chi^2$  = Chi-square value; p = Level of significance; df = degree of freedom; \*Correlation is significant at p < 0.05

Table 5 shows the relationship between self-esteem and self-disclosure of adolescents and the parenting styles used for them in Nsukka Urban. Self-esteem was significantly (p < 0.05) related to the parenting styles used. A greater proportion (54.9%) of the respondents with authoritative parenting style had high self-esteem compared to other styles while 21.3% of respondents with low self-esteem

had neglectful parenting style. Self-disclosure was also significantly (p < 0.05) related to the parenting styles used by the parents of the respondents. A greater percentage (56.1%) of adolescents with an authoritative parenting style had high self-disclosure levels compared to other styles while 12.3% of those with low self-disclosure had neglectful parents.

**Table 5: Relationship of self-esteem and self-disclosure levels with parenting styles adopted in Nsukka Urban**

Variable	Authoritative F (%)	Authoritarian F (%)	Permissive F (%)	Neglectful F (%)	Total F (%)
<b>Self-esteem</b>					
Low self-esteem	16 (34.0)	17 (36.2)	4 (8.5)	10 (21.3)	47 (100.0)
High self-esteem	163 (54.9)	119 (40.1)	11 (3.7)	4 (1.3)	297 (100.0)
$\chi^2 = 45.296, df = 3, p = 0.000^*$					

<b>Self-disclosure</b>					
Low self-disclosure	27 (37.0)	29 (39.7)	8 (11.0)	9 (12.3)	73 (100.0)
High self-disclosure	152 (56.1)	107 (39.5)	7 (2.6)	5 (1.8)	271 (100.0)
<b><math>\chi^2 = 28.817, df = 3, p = 0.000^*</math></b>					

$\chi^2$  = Chi-square value; p = Level of significance; df = degree of freedom; \*Correlation is significant at p < 0.05

### Discussion

The finding of the study showed that the four parenting styles investigated were used by the adolescent families in the study area. The parenting styles include authoritative, authoritarian, permissive, and neglectful parenting styles. The result showed that the authoritative parenting style was the most prevalent parenting style used by parents in Nsukka urban, while very few used authoritarian, permissive, and neglectful parenting styles. Authoritative parents are more aware of a child's feelings and capabilities and support the development of a child's autonomy within reasonable limits. Authoritative parenting is associated with children maintaining a higher level of social competence (Boudreault-Bouchard et al., 2013). According to Bashir (2020), in the United States, roughly 46% of parents use an authoritative parenting style, 26% authoritarian parenting style, 18% permissive parenting style, and 10% neglectful parenting style. This trend is in line with the findings of the current study. Parents still have a purpose of taking care of their young children, shaping their behaviours and mode of reaction to issues and things within them and their immediate environment using

different parenting styles. On a similar note Nelson et al. (2011) reported that overall, most studies with Western samples have consistently found that an authoritative parenting style is associated with higher levels of parent-adolescent cohesion and lower levels of conflict frequency, conflict intensity, and total conflict.

Self-esteem is an individual's subjective evaluation of their worth. Self-esteem encompasses beliefs about oneself as well as emotional status, such as triumph, despair, pride, and shame. The self-concept is what one thinks about the self, and self-esteem is the positive or negative evaluations of the self, that is, how one feels about the self (Smith & Mackie 2007). Self-esteem is a major key to success in life. The finding of the study showed that the majority of the respondents had high self-esteem and only very few of the adolescents had low self-esteem. When an individual has healthy/high self-esteem it means that he/she has a balanced and accurate view of him/herself. For instance, one may have a good opinion of one's abilities but recognize one's flaws as well. This finding could be attributed to the enhanced family income of the respondents which had a significant influence on the parenting style as well

manifesting in the adolescent's self-esteem. The finding is in line with the study by Sharma and Agarwala (2003), and Orth and Robins (2013) who went on to say that low level of self-esteem has been linked to serious behavioural problems, poor school performance, suicidal tendencies, and maladjustment. This low level of self-esteem leads to psychological problems such as depression, social anxiety, loneliness, and alienation among others (Harris & Orth, 2020).

Sharing information about oneself, or *self-disclosing*, is a fundamental interpersonal process that facilitates the attainment of key developmental milestones during adolescence. Self-disclosure is a fundamental interpersonal process that is influenced by a range of factors, such as the targets of disclosure (e.g. parents versus peers), depth or type of information to be conveyed (e.g. intimacy and/or valence of personal exchanges), as well as breadth or amount of information (e.g. the number of topics that are disclosed) (Omarzu, 2000). Adolescents need to articulate their sense of self when sharing personal information, and feedback from others not only helps them validate the appropriateness of their feelings, thoughts, and behaviours but also supports the development of close relationships through building patterns of reciprocity (Peter & Valkenburg, 2009; Davis, 2012). These goals, while relevant across the lifespan, are particularly important in the context of adolescence

as they are essential to forming a coherent sense of self or self-identity and developing intimate connections with peers and romantic partners (Meeus, 2011; Smith, 2017). Consequently, self-disclosure during adolescence has also been associated with positive developmental outcomes such as well-being (Valkenburg & Peter, 2007). The finding of this study showed that the majority of the respondents had high levels of self-disclosure. This implies that most of the adolescents in Nsukka Urban intentionally share their personal information with other people such as their friends and family members. According to Pathek (2012), self-disclosure is important in interpersonal relationships since the reciprocity nature fosters social closeness by developing relatedness, liking, and respect among people. Additionally, self-disclosure fosters close relationships and upholds a person's psychological well-being in interpersonal relationships. Although self-disclosure is a catalyst for bringing people closer together, it can inflict tension resulting in social isolation as well (Pathek, 2012). For instance, a study by Parsons et al. (2004) found disclosing one's health status (e.g. positive HIV status) to one's partner could lead to rejection, stigma, loss of intimacy, and threats to personal well-being.

The finding of this study showed that the family monthly income of adolescents had a significant relationship with their self-esteem and self-disclosure levels. Adolescents with a household monthly income above fifty thousand

naira had higher self-esteem and self-disclosure than those in other groups. According to Conger et al. (2002), financial stress can have a detrimental effect on parents, who may then change their parenting methods, which could have a negative emotional and psychological impact on adolescents. There is evidence that parents' socioeconomic conditions can affect the parenting style they adopt. For instance, the result of their study pointed to an association between challenging economic circumstances and poor parenting. (Conger et al. 2002). This does not in any way mean that parenting practices among parents from higher social economic backgrounds automatically predict a positive adolescent behavioural outcome. The findings of this study also showed no significant association of respondents' gender with their self-esteem and self-disclosure levels. Keijsers et al. (2010), in a longitudinal study of adolescents that measured gender differences in developmental changes and how that relates to adolescents keeping secrets from their parents, reported a significant correlation between keeping secrets from parents and negative parent-child relationship among girls (the correlation is much less for boys). The number of offspring in the families of the adolescents had a significant relationship with their self-esteem level.

The finding of the study showed that higher self-esteem and self-disclosure levels of the respondents were significantly associated with

authoritative and authoritarian parenting styles. This implies that children of parents with authoritarian and authoritative styles of parenting tend to have high self-esteem and self-disclosure. In line with the present study, Martinez et al. (2007), in their study found that parenting styles are related to adolescents' self-esteem in Brazil. The finding of a study by Puja (2013) is also consistent with that of the present study, in that a significant relationship existed between the adolescents' self-esteem and the parenting styles adopted by their parents. His result further showed that most adolescents with permissive and authoritative parents had higher self-esteem levels. Parenting style has also been linked with adolescents' self-disclosure according to the findings of this study. Soenens et al. (2006), examined the relationship between parenting dimensions and self-disclosure by comparing three models that describe the dynamics of parenting including self-disclosure, perceived parental knowledge, and problem behaviour. The study found that high responsiveness, high behavioural control, and low psychological control can predict adolescent self-disclosure. For instance, when parents build a relationship of trust with their adolescents, by creating a safe environment that is warm and supportive, it can make adolescents more eager to share inner feelings with parents and others (Soenens et al., 2006).

## **Conclusion**

The study provided insight into the self-esteem and self-disclosure levels of adolescents in Nsukka Urban and their association with the parenting styles used on them. The authoritative parenting style in which parents respond to children's needs as much as they demand responsibilities from them was the most prevalent type of parenting style in Nsukka Urban. How parents provided care and discipline to adolescents played a role in their self-esteem and self-disclosure levels. This is evident in the fact that a greater proportion of adolescents that had authoritative parenting had high self-esteem and self-disclosure levels. Household characteristics such as family income and household size were associated with the self-esteem and self-disclosure levels of adolescents. Adolescents who come from higher-income households had higher self-esteem and self-disclosure than those from lower-income families and those in smaller households also showed a higher level of self-disclosure to their family members. Authoritative parenting, therefore, had a positive relationship with the self-esteem and self-disclosure levels of adolescents.

## **Recommendations**

The following recommendations were made based on the findings of the study.

1. More research should be conducted in other parts of the state and country to provide national data on the topic.
2. Governmental and non-governmental organizations should create jobs that will give an acceptable window for parents to monitor their children and care for their children.
3. Financial assistance should be provided for families by the government as grants and job opportunities to assist in catering for their children and improve their standard of living.
4. Programs aimed at building adolescents' self-esteem and self-disclosure should be developed by government agencies.

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