AUSTRALIAN ADOLESCENT PERCEPTIONS OF PARENTAL SUPPORT: CAN IT PREDICT SELF-ESTEEM AMONG HIGH AND LOW SES GROUPS?

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Aims

Physical activity has been shown to increase adolescent self-esteem. The aim of this investigation was to assess adolescent perceptions of parental support for physical activity endeavours, and its relationship with self-esteem among high and low SES groups.

Methods

Perceptions of parental support, and Rosenberg’s self-esteem (1965) were derived from the Children’s Physical Activity Correlates questionnaire, with scores ranging from 1 (lowest) to 4 (highest). Independent sample t-tests were conducted and Levene’s test indicated homogenous group variance, while Pearson’s r was employed to assess relationships between perceptions of parental support, and self-esteem.

Results

Overall, 111 (89%) and 64 (55%) high and low SES participants had complete data and were included in the analysis. The high SES differed for self-esteem (M = 3.39, SE = .05) from the low SES group (M = 2.75, SE = .08), t (173) = 6.82, p < .05, with a medium effect size (ES) r = .46. The high SES group scored higher for perceptions of parental support (M = 2.95, SE = .06) than the low SES group (M = 2.71, SE = .07), t (173) = 2.58, p < .05, with a low ES r = .04. Self-esteem was significantly correlated with parental support in both high (r = .34) and low (r = .47) SES groups.

Table 1. Self-esteem and perceptions of parental support differences between high and low SES groups.

<table>
<thead>
<tr>
<th>Measure</th>
<th>High SES mean (SE)</th>
<th>Low SES mean (SE)</th>
<th>t-statistic</th>
<th>Degrees of freedom</th>
<th>Effect size</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-esteem</td>
<td>3.39 (.05)</td>
<td>2.75 (.08)</td>
<td>6.82</td>
<td>173</td>
<td>.46</td>
<td>.000</td>
</tr>
<tr>
<td>Perceptions of parental support</td>
<td>2.95 (.06)</td>
<td>2.71 (.07)</td>
<td>2.58</td>
<td>173</td>
<td>.04</td>
<td>.011</td>
</tr>
</tbody>
</table>

Conclusion

Results indicate that perceptions of parental support may be a stronger indicator of self-esteem for low, than for high SES adolescents. Future physical activity strategies to promote self-esteem should involve parents as active facilitators.

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