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PARENTING**

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# UNDERSTANDING ADOLESCENTS' SELF-CONCEPT AND SELF-COMPASSION IN DIGITAL CONTEXTS: THE ROLE OF POSITIVE PARENTING

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**Abstract:** *In this contemporary 'digital era', adolescents are easily exposed to online environments that shape how they perceive themselves. Digital interactions develop social comparison and feedback-seeking attitude, making it important to form a stable self-concept and self-compassion during adolescence. Within this context, parents have a significant role in adolescent's way of looking for their identity and fostering a supportive environment. From the perspective of Developmental Psychology and Self-determination theory, the present study aims to examine the relationship between positive parenting practices and the development of self-concept and self-compassion among adolescents. The study explores how parents' nurturing, involving, and autonomy-encouraging behaviors contribute to adolescents' internalization of self-concept and self-compassion. Adolescents aged 10 to 13 years and their parents were considered the sample of the study. The variables were assessed using the Self-Concept Questionnaire, Neff's Self-Compassion scale and Nicomachus Positive parenting scale. The findings highlight the importance of positive parenting in digitally mediated contexts, which may serve as protective factors that help adolescents maintain a stable sense of self and regulate their emotional challenges effectively. The study findings provide important implications for parenting interventions and mental health promotion in school settings required for growth and advancement.*

**Keywords:** *positive parenting, adolescents, self-concept, self-compassion, digital era*

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## 1. Introduction

In the contemporary digital era, the developmental characteristics of adolescents have transformed, as online environments and AI assistance become the central context for social interaction, self-expression, and identity exploration (Subrahmanyam & Smahel, 2011). The adolescence age is a period with unique developmental challenges, such as identity formation [14], interpersonal relationships and heightened emotional intensity due to rapid hormonal changes. Increase in use of social media and digital platforms exposes adolescents to continuous feedback, social comparison, and idealized representations of others, which can significantly shape their self-perceptions and emotional experiences (Nesi et al., 2018). The dynamic nature of this stage makes it essential to provide adolescents with appropriate opportunities and support systems that foster compassion and social connectedness towards family, peers, and the society (Neff, 2021). Parents play a crucial and evolving role in an adolescent's life by providing them autonomy with security, personal growth, and support with clear boundaries. They act as navigator and role models for emotional regulation, healthy decision-making skills, and environment mastery for optimum development in physical, cognitive, and social changes (Harter, 2012).

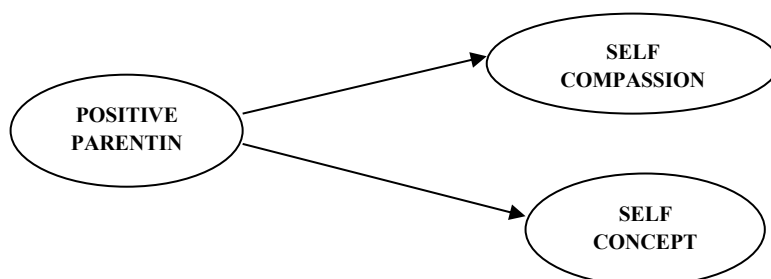
### 1.1. Link between Parenting Style and Self-Concept

Parental acceptance and support also encourage the child to explore personal limits and discover competencies, which is important for self-concept development (Anand & Singh, 2024). Self-concept in adolescents is also dependent on the warmth and responsiveness of parents. This involves the ability to confide in the parents about problems, receiving praise for success, time spent together, open communication with parents. Warm, supportive parenting is tied to higher adolescent self-esteem and broader positive self-concept across family dynamics. Adolescents raised in indulgent homes showed equal or better self-concept across academic, social, emotional, family and physical domains compared with authoritative homes (Baumrind, 1991). Kour and Rani (2018) conducted a study which focused on parenting styles and its impact on the self-concept of secondary school students. Moderate and significant correlations were observed between parenting styles (democratic, autocratic and accepting) and self-concept of the adolescents. No significant interaction effect of gender of adolescent and parenting styles (democratic, autocratic and accepting) was observed in the analysis. Democratic parenting style was the strongest predictor of self-concept among adolescents.

### 1.2. Link between Parenting style and Self-Compassion

Self-compassion involves treating oneself with kindness in times of failure, recognizing shared human imperfection, and adopting a mindful, balanced approach to personal shortcomings (Neff, 2010). Recent research suggests that self-compassion is one of the kinds of traits which can be affected by the environment in which a person was raised. Parenting effects on adolescent internalizing problems operate in part through adolescent self-compassion, indicating self-compassion is a key mechanism linking parenting to emotional outcomes (Neuenschwander et al., 2025). Within-person longitudinal data show increases in perceived supportive parenting are associated with increases in adolescents' compassionate and self-responding behaviour, whereas psychological control predicts increases in uncompassionate effects (Sorcha et al., 2023).

The beneficial role of positive parenting works through psychological mediators and is moderated by culture and individual differences also. Adolescent's level of self-compassion mediates links between parenting and internalizing their own emotions, and adolescent's self-esteem mediates links between parenting practices and self-regulated learning behaviour, showing both affective and evaluative self-processes imparting parenting effects (Chen et al., 2018). A meta-analysis found that the positive association between compassionate parenting style and adolescent self-compassion was stronger in Asian than European samples explaining the impact of cultural context. From the existing research and literature, researchers have reflected upon the relationship of Positive parenting, Self-Concept, and Self-Compassion providing a complex interdependent dynamic.



**Figure 1.** Conceptual model: the influence of positive parenting on self-concept and self-compassion

### 1.3. Rationale

While digital environments offer opportunities for connection and exploration, that may also influence adolescents' self-concept, emotional regulation, and overall psychological wellbeing (Valkenburg et al., 2021). So, understanding the factors that support healthy self-development, particularly the role of family processes becomes essential through the complexities of digitally mediated experiences. Considering the Family dynamics and attachment perspective, parental influence in adolescence period remains fundamental, despite increasing self-autonomy seeking behavior. Parents and adolescents should develop strong attachment rather than disengagement, making parental warmth, responsiveness, and positive parenting practices especially influential (Moreira et al., 2020). Despite extensive global research on parenting and its positive psychological impacts on adolescent development, significant theoretical and contextual gaps persist. . This study aims to address this gap by exploring the influence of positive parenting on adolescents' self-concept and self-compassion within the Indian socio-cultural framework.

### 1.4. Objectives

1. To find gender and location-wise differences in positive parenting, self-concept and self-compassion.
2. To assess the relationship between positive parenting, with adolescents' self-concept and self-compassion.
3. To determine the predictive power of positive parenting on adolescents' self-concept and self-compassion.

## 2. Materials and Methods

### 2.1. Sample and its selection

The study sample consisted of 100 adolescents aged 10 to 13 years, drawn from both rural and urban private schools in the Kamrup district, Assam, India. Respectively their parents (n=200) where mothers (n=100) and fathers (n=100) were included. The sample included both male and female adolescents to facilitate gender-based analysis. Participants were selected using convenient sampling method.

### 2.2. Tools employed

The participants were assessed on the following scales: Nicomachus- Positive Parenting scale (Kyriazos, T. & Stalikas, A., 2019), Self-Concept Questionnaire by Dr. R.K. Saraswat (1984) and the Self-Compassion Scale- Youth (Neff et al., 2021).

### 2.3. Procedure

Data collection was carried out in person. The researcher visited each selected school and individually administered all the questionnaires with the participants. Written informed consent was obtained from each participant to ensure confidentiality of the data. After data collection, responses were coded and entered into statistical software (SPSS) and analysis was done. All analyses focused on the study objectives in line with the research aims.

### 3. Results And Discussions

Table 1. Gender differences in Positive Parenting using Independent Samples t-test

	Father		Mother	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Positive Parenting	74.12	9.65	78.45	8.72

An independent samples t-test was done (Table.1) which revealed a statistically significant difference in positive parenting scores between fathers ( $M = 74.12$ ,  $SD = 9.65$ ) and mothers ( $M = 78.45$ ,  $SD = 8.72$ ),  $t = 3.92$ ,  $p < .001$ , indicating that mothers were more likely to engage in positive parenting behaviors than fathers in the present sample

Table 2. Location-wise differences in Positive Parenting between Rural and Urban Parents

	Urban		Rural		<i>T</i>	<i>P</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Positive Parenting	77.63	9.11	74.56	9.48	2.85	0.005

Table 2 shows an independent samples t-test where significant difference in positive parenting between urban ( $M = 77.63$ ,  $SD = 9.11$ ) and rural ( $M = 74.56$ ,  $SD = 9.48$ ) parents,  $t = 2.85$ ,  $p = .005$  was noticed, indicating that urban parents demonstrated slightly higher levels of positive parenting compared to rural parents.

Table 3. Gender Differences in Self-Concept and Self-Compassion among adolescents

	Male		Female		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Self-Concept	63.82	8.13	60.00	8.29	2.45	0.015
Self-Compassion	53.34	7.99	56.18	7.65	2.78	0.006

In table 3, Independent samples t-tests revealed that male adolescents reported significantly higher self-concept scores ( $M = 63.82$ ,  $SD = 8.13$ ) than females ( $M = 60.00$ ,  $SD = 8.29$ ),  $t = 2.45$ ,  $p = .015$ . Similarly, female adolescents had significantly higher self-compassion ( $M = 56.18$ ,  $SD = 7.65$ ) than males ( $M = 53.34$ ,  $SD = 7.99$ ),  $t = 2.78$ ,  $p = .006$ .

Table4. Location-wise differences in Self-Concept and Self-Compassion among adolescent

	Urban		Rural		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Self-Concept	64.30	8.15	60.48	7.90	2.12	0.036
Self-Compassion	56.10	7.21	52.88	7.83	2.42	0.016

Independent samples t-tests showed significant differences between urban and rural adolescents for both self-concept and self-compassion among adolescents. Urban adolescents reported significantly higher self-concept ( $M = 64.30$ ,  $SD = 8.15$ ) than rural adolescents ( $M = 60.48$ ,  $SD = 7.90$ ),  $t = 2.12$ ,  $p = 0.036$ . Similarly, urban adolescents had significantly higher self-compassion ( $M = 56.10$ ,  $SD = 7.21$ ) than rural adolescents ( $M = 52.88$ ,  $SD = 7.83$ ),  $t = 2.42$ ,  $p = 0.016$ .

Table 5. Pearson’s Correlation Coefficients among Positive Parenting, Self-Concept, and Self-Compassion

Variables	<i>M</i>	<i>SD</i>	1	2	3
1.Positive Parenting	66.45	9.10	–		
2.Self-Concept	62.30	8.12	.45**	–	
3.Self-Compassion	54.06	7.80	.39**	.52**	–

Pearson’s correlation analyses revealed that positive parenting was significantly positively correlated with self-concept ( $r = .45, p < .01$ ) and self-compassion ( $r = .39, p < .01$ ). Additionally, self-concept showed a strong positive correlation with self-compassion ( $r = .52, p < .01$ ). These findings suggest that adolescents perceiving greater positive parenting practices tend to exhibit higher self-concept and self-compassion.

Table 6: Regression Analysis predicting Adolescents’ Self-concept from Positive parenting

VARIABLE	ESTIMATE	SE	95%CI		B	p
			LL	UL		
Intercept	52.340	3.210	46.01	58.67	0.097	<0.001
Positive parenting	0.185	0.042	0.102	0.268	0.088	<0.001

Table 7: Regression Analysis predicting Adolescents’ Self-compassion from Positive parenting

VARIABLE	ESTIMATE	SE	95%CI		B	p
			LL	UL		
Intercept	66.152	2.363	61.50	70.80	0.087	<0.001
Positive parenting	0.142	0.031	0.104	0.270	0.083	<0.001

A simple linear regression analysis was conducted to examine whether positive parenting predicts adolescents’ self-concept and self-compassion. The result revealed that the regression model was statistically significant, where positive parenting was found to be a significant positive predictor of self-concept and self-compassion.

Parenting can be understood as an important contributing factor according to attachment theory (Gilbert et al., 2011). Attachment theory demonstrate that behaviors from attachment figure i.e. parents could significantly influence behavior towards oneself by affecting regulation systems (Gryczkowski et al., 2010). When parents are responsive, involved, and adolescents tend to develop secure attachment around them making a system where they feel reliable and safe towards others and feel belongingness and worthy of care. Furthermore, parenting practices can have a different effect on an adolescent sense of self, where parents tend to be more playmates than just being caregivers (Lamb, 2004), become a source of comfort in stressful situations, and verbalize more socio-emotion related content.

The objective of the present study was to examine the influence of positive parenting on self-concept and self-compassion among adolescents. This was supported by previous studies wherein a significant difference between mothers and fathers positive parenting approach was found. Although parenting research often considers the overall parenting practices, assuming that both parents employed the same parenting style, some studies have emphasized the importance of analyzing the predictive role of the parenting style separately (Gryczkowski et al., 2010). Parent gender can have a different effect on adolescent's adjustment like authoritative style in mothers, unlike the permissive one, correlates with higher self-esteem, less depression and more life satisfaction in adolescents. Similarly for fathers it seems that these relationships are not so strong and that the paternal permissive style is not as detrimental for the adjustment of the child as the maternal one (Milevsky et al., 2008).

The present study found statistically significant gender differences in both self-concept and self-compassion among adolescents, thus supporting prior research. A study by Arora and Singh (2024) explained that male showed higher overall self-concept than females. This means the effect of gender on self-concept seems to differ across different dimensions and contexts, indicating the complexity in the relationship of gender with self-concept and thus warranting more research. Researches on gender differences in self-compassion reveal complex patterns in which in adolescents, older females showed the lowest self-compassion levels compared to younger females and males of all ages (Bluth et al., 2016).

The study further explored important differences according to location, as an urban adolescent scored higher in self-concept and self-compassion than did rural adolescents. There was empirical evidence to support the result showing the differences exist because urban locations mostly get exposure to firsthand education facilities, support services, resources that promote mental health awareness campaigns, parenting interventions, and emotionally nurturing environments compared to rural settings (Zhao et al., 2021). Rural adolescents may face cultural and structural limitations because of traditional parenting norms and approaches, access to mental health literacy, limited peer and professional support, which can impact self-concept and emotional growth. These findings reflect to the need for gender-sensitive and location-specific interventions that can help promote responsive parenting practices, healthy communication, and provide access to mental health services in rural areas (Bell et al., 2025).

A significant relationship between positive parenting, self-concept and self-compassion of adolescents were found. This aligns with previous study where it was found that autonomy, self-worth, and self-confidence in adolescents are encouraged through parent's way of teaching them to view themselves through parental support, regular communication and accepting individuality (Anand & Singh, 2024). Evidence has also revealed that positive parenting (acceptance, warmth, highly involved and responsive) contributes to higher adolescent's self-compassion (Xie et al., 2022). Parental control, harshness and rejection, psychological comparison and inappropriate responses to adolescent's emotions were associated with lower self-compassion level (Marsh et al., 2018).

Consistent with these past findings, results showed that style of parenting and their nurturing approaches can be associated with adolescents' self-identity construction. In Australia, Pepping et al., 2015 conducted the investigation on whether poor parenting received in one's childhood-that is, being treated as low warmth, overprotection from the parent, and high rejection-would associate with lower self-compassion. For this, 329 undergraduates took part in the study. The result found that retrospectively reported parenting perceived in childhood predicted self-compassion, and these effects were mediated by attachment anxiety but not avoidance. High parental rejection and overprotection towards adolescents and low parental warmth had predicted low self-compassion and these associations were mediated by attachment anxiety. These findings point to the powerful role that positive relationships with parents can have on adolescents' resilience, confidence, and overall psychological well-being, indicating that improvements in parenting may have lasting effects on adolescent development and mental health.

Considering the potential significant contribution of parents in their adolescent's self-compassion and how self-compassion act as a protective factor helping adolescents' in internalizing their problems, regulating their emotions and working on challenges (Marsh et al., 2018). Findings suggest that self-compassion during adolescence is a valuable attribute, which appears to protect against developmental vulnerabilities such as increased self-consciousness, self-criticism, feeling isolated, and mood instability (Maciejewski et al., 2014). The result indicates how supportive and encouraging parenting practices helps adolescents to enhance a positive sense of self, helping them to treat themselves with greater kindness and compassion. Positive parenting behaviors, like parental warmth, support, involvement, praise, behavioral control, open communication and mindful parenting, were related to lower levels of internalizing problems via increased self-compassion (Zhao et al., 2023). Parental psychological control has been linked to increased adolescent's self-criticism and chronic guilt, which have been found to be negatively associated with constructive development of self-concept and compassion (Chen, Awan & Chen, 2025). These findings emphasize the complex intertwining of parenting styles, self-concept, self-compassion, and diverse developmental outcomes.

#### 4. Limitations and Future suggestions

This study has several limitations that should be considered when interpreting the findings. First, longitudinal or experimental studies are necessary to confirm the directionality of such relations. The reliance on self-report measures may introduce response bias, and the relatively small sample size may limit the generalizability of the results to the broader population.

The findings contribute to the growing interdisciplinary literature on adolescent development and digital wellbeing by highlighting the importance of family-based influences on psychological outcomes. It also indicates the need for parenting interventions and school-based programs for training parents and teachers for constructive communication, and involvement. Local or national mental health policies could include parenting education as one of the various preventive mental health strategies for youth well-being.

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