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THE RELATIONSHIP BETWEEN LEISURE AND PARENTING STYLES OF MOTHERS ON THE SELF-ESTEEM OF JUNIOR HIGH SCHOOL STUDENTS OF QARCHAK CITY

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ABSTRACT

The aim of this study was investigate the relationship between leisure and parenting styles of mothers on the self-esteem of junior high school students of Qarchak city. The statistic population this study consisted of all seventh and eighth grade students that were selected randomly classified. The statistic population was 7,000 of which 364 are using Morgan table that according to sex, 182 female students and 182 male students and 364 students mothers. To collect information from questionnaire Leisure to validity and reliability of 84% and parenting styles standard questionnaire of Bamrind (1973) to validity and reliability 79% and self-esteem standard questionnaire of Cooper Smith (SEI) (1967) and reliability coefficients this test to retest method for girls and boys, respectively, 0.90 and 0.92 have been reported. The results showed that from the indexes of leisure, sporting and religious activity Index of mothers has an impact and on student's self-esteem and has direct effect on it, and also from parenting styles, freeing has direct effect on self-esteem and also exercise of mothers in their logical authority has a direct effect on parenting. These findings on the level of <0.05 were significant. Also there is inverse relationship between the individual index, age and income with sports activities, and educations with logical authoritative, and income to freeing.

Keywords: Leisure, style parenting, self-esteem

INTRODUCTION

In view of the value of women in society and the fact that women are the axis of family, Should be have the mental and physical health and vitality, Leisure is one of the ways we help women to participate in leisure activities, also done mother tasks better and breed better children and deliver healthier generation to community. However, healthy children come from healthy mothers and family environment in the shadow of women's health, will be happier and more vibrant [1]. Research shows that parent-child relationship is one of the major factors affecting self-esteem and child behavior. Family relationships completely and the relationship between the children specifically, has a deep and lasting effect on building child's individual behaviors and stimulate the inner calm and self-esteem and thus on the mental health child. Hence, parental influence is not limited only on hereditary aspects and choice of appropriate parenting style can have an important influence on the formation of healthy self-esteem [2]. Ensure (1393) in the study of the relationship between mothers leisure and elementary school students self-esteem reached to this conclusion that physical activity in mothers leisure time have a direct relationship with students' self-esteem [3]. Zareie and Ismaili (2013) in the comparative study of the status of physical activity in young girls' leisure time of citizens with high income and low income in Tehran concluded that, Leisure and sports activities in low-income girls is in third place and in high income girls is in seventh place [4]. Jansedoter and colleagues (2010) in their research studied the relationship between amount of physical activity of leisure time and mental health, the results showed that participation in physical activity show decrease of risk of mental health problems, until two years later shows. People with low or moderate physical activity than people who do not exercise, showed less amount of stress, fatigue, depressive and anxiety symptoms [5]. Steerz and colleagues (2008) in a study called relationship between socio-economic status with participation in leisure time physical activity achieved these results that, there is a relationship between personal income with how to leisure time, Thus higher level of social economic, easier and better access for sport and recreational spaces and entertainment and higher level of security and comfort and beauty and even greater number of resources for physical activity is considered [6]. Stephanie Burg and colleagues (2006) in a research on 18 married women focus on exploring the experiences of the women

leisure and some aspects that created or limited recreational opportunities and concluded that when they had no children, had more active leisure time that principally were outside the home. Their leisure time divided two times of personal and a time that spent with his wife and family [7]. Mahmoudi and colleagues (2013) examined the relationship between parenting styles and adolescents' self-esteem due to the mediating roles of meeting the basic psychological needs and the results generally showed that, meeting the psychological needs have a mediating role in relation with parenting styles and self-esteem: Permissive and authoritative parenting styles through had indirect and positive effect on self-esteem male students. Also, arbitrary parenting style through meeting psychological needs had indirect and negative effect on self-esteem [8]. Yassaminejad and Shokrbeigy (2012) did a research to compare the parenting styles of family, self-esteem and general health in normal and delinquent adolescent boys. The results showed that there are a significantly different among delinquent adolescents and normal in terms of coercive and authoritarian parenting styles. This means that delinquent adolescents mostly were owned by bullying families. Also, there was found significant difference between self-esteem of delinquent and normal adolescents and offenders significantly had lower self-esteem [9]. Zeinali, Vahdat and Ghorhadingeh achieved to a positive and direct relation of arbitrary parenting styles and negative relation of authoritarian parenting with addiction talent in children and concluded that authoritative parent's style is most efficient style in terms of decrease the potential for addiction and, oblivious and arbitrary parents styles is most ineffective style in term of decrease the potential for children addiction [10]. Jokes and colleagues (2011) also showed that girls who had mothers with permissive style than girls who had mothers with authoritative style, spent more minutes to do moderate to severe physical activity, also children who had the top support of fatherly and motherly or had easygoing and authoritative mothers, were followed their behavior role and model towards more physical activity. They reported that there were significant relationship only between mother logical support with girl's physical activity and also both parents logical support with boy's physical activity [11]. Martinez and colleagues (2007) showed that adolescent's self-esteem who had permissive parents in five dimensions of academic, social, emotional, family and physical were higher and their self-concept were more positive than adolescents whose

had authoritative parents [12]. Shushtari (2001) in a research called reviews and compares the self-esteem of athletes and non-athletes students of Ahvaz's Shahid Bahonar University concluded that, there is no significant difference between self-esteem of athletes and non-athletes students [13]. Flickr and Vasony research (2006) shows, there is a significant relationship between the various ways of parenting with adolescents self-esteem, this means that adolescents with authoritative parents have higher self-esteem than adolescents with arbitrary and permissive parents [14]. Thus, the aim of the present study was to investigate the relationship between leisure time and parenting styles of mothers on the self-esteem of junior high school students of Qarchak city.

METHODOLOGY

The present study is correlational. The study population consists of all seventh and eighth grade students of Qarchak that totally are, 7,000 girls and boys students and their mothers are 7000 persons in the 2014-15 academic year. To select the sample is used randomly the type of classification and 6 intended middle school that 3 boy's school and 3 girl's school which were selected 70 person from each school and the sample size was calculated using Morgan is which the sample size is equal to 364 persons, that according to sex, 182 female students and 182 male students and 364 students mothers. In this research, data is measured through questionnaires. In the present research, 420 questionnaires are for mothers and 420 questionnaires for students according to sex (210 male students, 210 female students). That questionnaires were distributed among mothers and children by coordinating administrators and honorable teachers in their school, that 364 valid questionnaires were used among 420 questionnaires and when filling out the questionnaire, the researcher taught complete description of regarding the issue and how to filling out the questionnaires to students and mothers and answered to their questions, until questions be well comprehensible among children and mothers. This research consist of 3 questionnaire that 2 questionnaire (leisure time and parenting styles) completed by mother and one questionnaire (self-esteem) completed by students. To collect information was used leisure questionnaire of Mostafapur (2011) with validity and reliability of 84% and parenting styles standard questionnaire of Bamrind (1973) with validity and reliability 79% and self-esteem standard questionnaire of Cooper Smith (SEI) (1967) that reliability coefficients of this test by retest

method for girls and boys, respectively, 0.90 and 0.92 have been reported.

In the present study to show the data were used descriptive statistics method (frequency, percentage, etc) in the form of tables, one-dimensional, two-dimensional, charts and to test hypotheses, was used correlation coefficient Pearson and Regression.

RESULTS

37.1 % of mothers were in the age group 33 to 37 years and 86.8% of the mothers were married. 32.7% of mothers are with 1 female child, 23.9% of mothers with 2 female child, 6.6% of them with 3 female child, 1.6% of them with 4 female child, 1.6% of them with 7 female child and 126 persons didn't answer to this question. Also, 42% of mothers are with 1 male child, 23.6% of mothers with 2 male child, 3.8% of them with 3 male child, 0.5% of them with 4 male child, and 109 persons didn't answer to this question. 52.5% of mothers with under diploma, 34.3% diploma, equivalent to 2.7 percent undergraduate, 1.1% associate degree, 1 person equivalent to 3.0 percent of postgraduates and higher and 33 persons didn't answer to this question.

52.5% of respondents wife are under diploma, 26.9% diploma, equivalent to 6.3 percent undergraduate, 9 person equivalent to 2.5% associate degree, 1.4 percent

postgraduates and higher and 38 persons didn't answer to this question. It can be concluded that the majority of fathers have education Under Diploma.

85.7% of mothers were housewives, 2.5 percent Self-employment, 1.9 percent teachers, 1.1% is employees and 32 people did not reply to this question. 65.4% of fathers also were Self-employment, 13.7% of the employee, 3% retired, 2.5% teacher, 1.6% unemployed, 1.4 percent military, 1.1 percent engineer, 0.5 percent Manager, 1 person equivalent to 1.3 percent of veterans and 38 people did not reply to this question. Income of 28% of respondents is 500 thousand to 1 million tomans, while 12.6 percent of them their income is one million to 1.5 million toman, 4.4% of them 1.5 to two million Tomans, 3.8% is under 500 thousand toman and income of 3.3 percent more than two million Tomans. 174 people did not reply to this question.

According to the results, can be seen that 121 person equivalent to 33.2% of mothers have 3 to 4 hours leisure times per day, While 90 persons equivalent to 24.7% have 1 to 2 hours, 55 persons equivalent to 15.1 percent 4 to 5 hours, 47 persons equivalent to 12.9% more than 5 hours, 19 persons equivalent to 5.2 percent have no leisure, 32 people did not reply to this question. This shows that mothers have 3 to 4 hours leisure times per day. Also leisure time of

34.9 percent of mothers is in the afternoon from 2 to 7 pm. While 28.6% selected after 7 pm, 17% of 12 to 2 pm, 6.9 percent between 8 to 11 midday, 2.5 percent early morning from 6 to 8, 37 people did not reply to this question.

36.5 percent of mothers have perfect health While 23.9 percent Yes option, 18.1% on average option, 10.4 percent somewhat option, 9.1 percent have chosen No option and 33 people did not reply to this question. So we can say that most mothers have perfect health.

As can be seen in Table 3, when the variables of mothers parenting style and leisure time entered into the equation with self-esteem, 0.530 correlation coefficient, its determination coefficient (square correlation) 0.281, justified determination coefficient is 0.244. Also, estimated standard error is equal to 5.48270. Amount of determination coefficient shows that

28.1% of the changes collection in self-esteem variable is explained by mothers parenting style and Leisure time.

Based on the variance analysis table 3, the significant level of regression model is less than 0.01, so regression model above is acceptable. So variables of mothers parenting style and Leisure time were effective on students' self-esteem.

Table 4 shows that physical activity variable has a direct effect on self-esteem that its amount is equal to -0.203. Religious activities variable have a direct effect on self-esteem that its amount is equal to 0.377. Training classes variable have a direct effect on self-esteem that its amount is equal to 0.197. Artistic activities and manual labors variable has a direct effect on self-esteem that its amount is equal to -0.262. Loose variable has a direct effect on self-esteem that its amount is equal to -0.301.

Table 1: correlation coefficient between indicators of mothers parenting style and leisure time and children self-esteem

		Public scale	Family scale	Social scale	Study scale
Constant amount	R Pearson	0.112*	0.034	0.022	-0.006
	Significant level	0.044	0.536	0.689	0.918
	number	323	334	330	321
Tourism- Recreational activities	R Pearson	0.169**	0.148**	-0.008	0.033
	Significant level	0.003	0.007	0.885	0.556
	number	316	328	324	316
Arts activities and Handmade	R Pearson	0.010	0.014	-0.108*	-0.104
	Significant level	0.862	0.792	0.049	0.062
	number	325	334	331	325
Religious activities	R Pearson	0.178**	0.196**	-0.019	0.117*
	Significant level	0.003	0.001	0.745	0.049
	number	285	298	291	284
Group activities (socio - political)	R Pearson	0.102	0.031	-0.028	-0.025
	Significant level	0.071	0.578	0.615	0.659
	number	316	325	323	312
Non-school study	R Pearson	0.133*	0.207**	-0.059	0.013
	Significant level	0.017	0.000	0.285	0.819

		number	322	336	330	325
Use of media	**R Pearson**		0.141*	0.079	-0.023	0.002
	Significant level		0.011	0.147	0.680	0.977
		number	330	342	338	331
Training classes	**R Pearson**		0.204**	0.171**	0.038	0.077
	Significant level		0.000	0.002	0.484	0.167
		number	330	339	340	328
Music activities	**R Pearson**		0.140*	-0.041	0.133*	-0.089
	Significant level		0.011	0.445	0.014	0.107
		number	332	343	341	332
Permissiveness	**R Pearson**		-0.116*	-0.128*	-0.126*	-0.302**
	Significant level		0.042	0.022	0.024	0.000
		number	308	319	317	306
arbitrary	**R Pearson**		-0.091	-0.156**	0.117*	-0.175**
	Significant level		0.121	0.007	0.042	0.003
		number	289	300	299	291
Rational authority	**R Pearson**		-0.036	-0.008	-0.057	-0.015
	Significant level		0.532	0.882	0.313	0.797
		number	311	325	320	311

Table 2: determination coefficient and estimated standard error of regression analysis of parenting style variables and mother's on students' self-esteem

model	correlation coefficient	determination coefficients	determination coefficients justified	estimated Standard error
1	0.530	0.281	0.224	5.48

Table 3: regression and variance analysis of variables of mothers parenting style and Leisure time on students' self-esteem

model	Total squares	Degrees of freedom	Mean square	T-statistics	significant
Regression	1777.38	12	148.11	4.92	0.000
remaining	4539.05	151	30.06		
total	6316.43	163			

Table 4: standardized and not standardized regression coefficients
Variables of mothers parenting style and Leisure time on students' self-esteem

Model	Not Standardized coefficients		Standardized coefficients	T-statistics	significant
	Regression coefficients	Standard error	Regression coefficients		
Constant amount	36.182	4.340		8.336	0.000
Sporting activity	-0.493	0.214	-0.203	-2.305	0.023
Tourism- Recreational activities	-0.220	0.203	-0.101	-1.087	0.279
Arts activities and Handmade	-0.658	0.228	-0.262	-2.881	0.005
Religious activities	0.732	0.177	0.377	4.131	0.000
Group activities (socio - political)	-0.112	0.219	-0.051	-0.513	0.609
Non-school study	0.340	0.227	0.146	1.501	0.135
Use of media	0.236	0.242	0.081	0.975	0.331
Training classes	0.445	0.201	0.197	2.215	0.028

Music activities	0.249	0.170	0.128	1.464	0.145
Permissiveness	-0.349	0.093	-0.301	-3.766	0.000
arbitrary	-0.029	0.077	-0.031	-0.371	0.711
Rational authority	-0.114	0.113	-0.077	-1.012	0.313

CONCLUSION

According to research data and correlation coefficients between the indicators of mothers parenting style and leisure time and children self-esteem were identified that, There is a correlation between sporting activities and self-esteem public scale, between the recreational-tourism activities of self-esteem family and public scale, between arts activities and Handmade and self-esteem social scale, between religious activities with public, family and education self-esteem scale, between non-academic study and self-esteem family and public scale, between use of the media and self-esteem public scale, between training classes and self-esteem family and public scale, between musical activity and self-esteem social and public scale. There is a correlation between permissiveness parenting styles and self-esteem public, family, social and academic scale, between authoritative parenting style and self-esteem family, social and academic scale. Regression analysis of mothers' parenting style and Leisure time variables on student's self-esteem and amount of determination coefficient shows that 28.1% of the changes collection in self-esteem variable explained by mother's parenting style and leisure time . So mothers parenting style and leisure time variables were effective on of the students' self-esteem variable. The results also show that regression coefficients significant of sporting activities, art activities and manual labor, religious activities, classes, permissiveness variable is less than 0.05. So effect of these variables on students' self-esteem is significant. Therefore, assumption of significant relationship existence among these variables is confirmed. The variable regression coefficient of recreational - tourism activities, group activities (socio - political), the non-classroom study, use of media, music activities, arbitrary and authoritative is more than 0.05, So effects of these variables on students' self-esteem is not significant.

This result generally is consistent with studies of Shafie (2004) Mahmoudi, Sepehrian Azar and Amanysarybglv (2013); Shokr Begay and Yassami Nejad (2012) Faridi, Alborzi (2009) [15, 8 and 16]. Result of Martinez and Gurs research (2007) also showed that adolescents self-esteem who had Permissive parents in five dimensions of academic, social, emotional, family and physical were higher and their

self-concept were more positive than adolescents whose had authoritative parents [12]. According to the theory of learning and socialization, self-esteem is learned in the process of game and spending leisure time and individuals become socialization in in this process. Also parenting styles reinforce values and patterns consistent with up or down self-esteem.

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