


## Family communication and self-esteem in adolescents in the urban and rural areas

*Comunicación familiar y autoestima en adolescentes de zona urbana y rural*


**Jhulma Hañari**

Universidad Nacional del Altiplano, Puno-Puno, Perú

 <https://orcid.org/0000-0001-9383-3746>

**María Masco**

Universidad Nacional del Altiplano, Puno-Puno, Perú

 <https://orcid.org/0000-0002-5596-1509>

**Angela Esteves<sup>1</sup>**

Universidad Nacional del Altiplano, Puno-Puno, Perú

 <https://orcid.org/0000-0003-1413-6171>

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### ORIGINAL ARTICLE

#### KEYWORDS

Adolescent, self-esteem, family, rural, urban, communication.

This research has as a target to determine the degree of correlation between family communication and self-esteem in adolescents in urban and rural areas of the Lampa district of the Puno region (Peru). The approach is descriptive-correlational quantitative with stratified simple random probability sampling. The sample was made up of 261 adolescents of both genres aged between 12 to 17 years old. The instruments used were the Barnes & Olson Parent / Child Family Communication Questionnaire and the Rosenberg Self-Esteem Scale. The results revealed, using the Spearman's Rho non-parametric test, an average positive correlation of 0.5 in urban areas and a considerable positive correlation of 0.8 in rural areas. In conclusion, adolescents present family communication and medium-level self-esteem, resulting in a good level of family communication leading to good self-esteem in adolescents and vice versa.

### PALABRAS CLAVE

Adolescente, autoestima, comunicación familiar, rural, urbano.

Esta investigación tuvo como objetivo determinar el grado de correlación entre comunicación familiar y autoestima en adolescentes de zona urbana y rural del distrito de Lampa de la región Puno (Perú). El enfoque es cuantitativo de nivel descriptivo-correlacional con muestreo probabilístico aleatorio simple estratificado. La muestra estuvo compuesta por 261 adolescentes de ambos sexos con edades comprendidas entre 12 a 17 años. Los instrumentos que se utilizaron fueron: el Cuestionario de Comunicación Familiar Padres/Hijos de Barnes & Olson y la escala de Autoestima de Rosenberg. Los resultados revelaron mediante la prueba no paramétrica Rho de

<sup>1</sup> Correspondencia: aresteves@unap.edu.pe



Spearman correlación positiva media de 0.5 en la zona urbana y positiva considerable de 0.8 en zona rural. En conclusión, los adolescentes presentan comunicación familiar y autoestima de nivel medio, resultando un buen nivel de comunicación familiar conlleva una buena autoestima en los adolescentes y viceversa.

## 1. INTRODUCTION

Family communication is the interaction established by the members of a family and thanks to this the socialization process that favors the development of self-esteem in adolescents is built (Sobrino, 2008). In addition, communication between parents and children is the most effective way of transmitting values to adolescents to face risk situations and avoid falling into bad influences, benefiting from less aggressive behaviors and complaints on physical and psychological issues (Del Barrio del Campo & Salcines, 2012; EMOL, 2012).

Self-esteem is that personal assessment that the individual forms about himself, expressing a judgment of acceptance or rejection (Bravo & Fernández, 2017). On the other hand, one of the most vulnerable members of the family is adolescents (Cano, 2010) due to emotional instability at this stage where they tend to reaffirm their own identity (Vernieri, 2006). So, this is where the family plays an important role through communication in the formation or consolidation of adolescent self-esteem (Zaconeta, 2018), because adequate family communication is related to the development of self-esteem in children (Polaino, 2004).

On the other hand, our planet is home to 1,200 million adolescents (United Nations Children's Fund UNICEF, 2011; National Institute of Statistics and Informatics INEI, 2017). Population where important biopsychosocial changes are evident, just as self-esteem reaches the highest levels of stability (Rosabal et al., 2015; Segura, 2018). Likewise, adolescence represents a critical period where it is exposed to various risk factors such as drug addiction, alcoholism, pregnancy and among them the lack of communication between parents and children (Argaez et al., 2018; Martinez, 2012; Coordination Table for the Fight Against Poverty (MCLCP), 2018).

In several studies regarding the context of communication between parents and children and self-esteem, the results clearly evidenced a relationship between these variables (Alfonso et al., 2017; Ortiz & Tandazo, 2016; Zaconeta, 2018). Ortiz & Tandazo (2016), indicate that the communication that adolescents carry with their parents directly affects self-esteem. While Paredes (2017) in her study revealed that the majority of adolescents have a medium level of family communication. As in the Castañeda & Córdova (2018) study, adolescents who have negative communication with their mother and father have low self-esteem.

The adolescents of the Lampa district are not oblivious to this reality, the Regional Directorate of Health Puno DIRESA (2018) reported that 6.6% are pregnant adolescents, of which the province of Lampa reported 4.2%. On the other hand, the National Commission for the Development of Life without Drugs DEVIDA (2018), indicates that the consumption of alcoholic beverages in adolescents increased by 17% in the Puno region. These evidenced health problems could be due to the lack of communication between parents and teenage children (Montes et al., 2012; Schmidt et al., 2010). Likewise, family communication and self-esteem are a social problem. Furthermore, the relationship with parents is a powerful protective and risk factor for harmful behaviors in adolescents (Raimundi et al., 2017). Similarly, socialization in a risky environment deprives the growth of self-concept (Mora & Romero, 2019).

With this context and the problem expressed, the objective was set to determine the degree of correlation between family communication and self-esteem in adolescents in the urban and rural area of the Lampa District.

## 2. METHOD AND MATERIALS

The research corresponds to a descriptive level quantitative approach since it seeks to specify important properties and characteristics of the study variables (Canales, Alvarado, & Pineda, 1994; Hernández, 2014). Correlational design because it determines the relationship between family communication and self-esteem (Behar, 2008).

The study population was 816 adolescents and a sample of 261, of whom 59 belong to the rural area and 202 to the urban area, selected by stratified random-simple sampling, a sample in which it is divided by strata or groups of the population and a sample is selected for each segment (Hernández, 2014).

The survey was applied as a technique and two measuring instruments were used. To evaluate family communication, the Parent / Child Family Communication Questionnaire created by Barnes and Olson from 1982 was used. The version used in this research was the Spanish adaptation by the LISIS Group of the University of Valencia, validated by Chávez (2015) in Peru, with 0.8 confidence in the Cronbach's alpha coefficient, the instrument had 20 items presenting 5 response options ranging from 1 (never), 2 (few times), 3 (sometimes), 4 (almost always ) and 5 (always).

For the self-esteem variable, the Rosenberg Self-Esteem Scale validated by Cárdenas, Villagrán, Cárdenas & Guzmán (2015) with Cronbach's alpha of 0.7 was used. The instrument is made up of 10 items presenting 4 options in response, ranging from 1 (totally disagree) to 4 (totally

agree), having a maximum possible score of 40 and a minimum of 10 points, cataloging the result by levels of high, medium and low self-esteem. It was executed in 15 minutes after informed consent to each corresponding adolescent.

The collected data was processed using the statistical package SPSS version 23 and the Microsoft office Excel spreadsheet. For the analysis of the correlation of the two variables, the Spearman's Rho statistical test was used to measure whether or not there is a correlation between the variables.

### 3. RESULTS

#### *Relationship between the variables: family communication and self-esteem in adolescents*

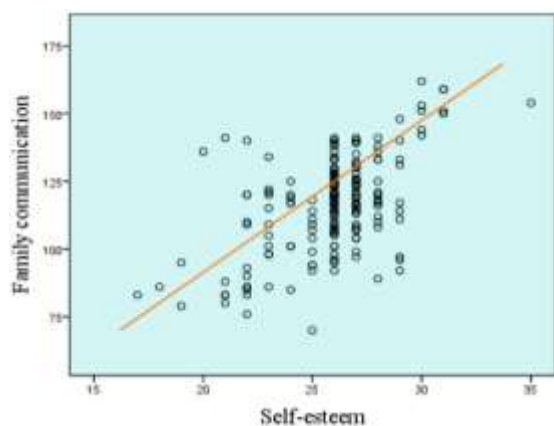


Figure 1: Scatter diagram, Urban area.

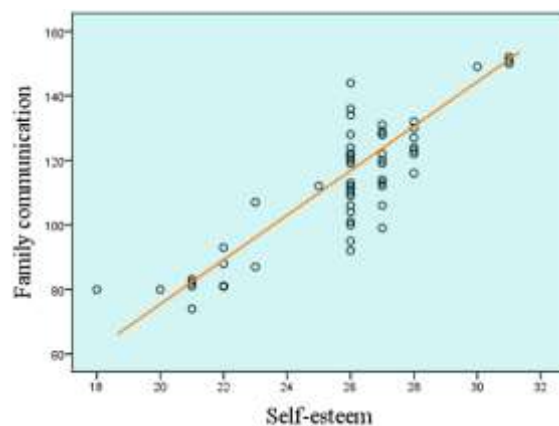


Figure 2: Scatter diagram, Rural area.

Figure 1 shows the relationship between family communication and self-esteem in the urban area, showing a positive and directly proportional relationship, as in Figure 2, which shows the results in the rural area. This is justified with the data in Table 1, where it shows an average positive correlation for the urban area and a considerable positive correlation for the rural area (Hernández, 2014).

**Table 1. Family Communication and Self-esteem of Adolescents in the Urban and Rural Area of the Lampa District**

	Spearman's Rho		Family Communication	Self-Esteem
<b>URBAN AREA</b>	Family communication	Correlation coefficient	1.000	,576**
	Self-esteem	Bilateral sig	,000	
		N°	202	202
<b>RURAL AREA</b>	Family communication	Correlation coefficient	1.000	,850**
	Self-esteem	Bilateral sig	,000	
		N°	59	59

\*\**. The correlation is significant at the 0.01 level (bilateral).*

Statistically, Spearman's Rho nonparametric test (Hernández, 2014) requires an average positive correlation of 0.576 in urban areas, while in rural areas a considerable positive correlation of 0.850 and significance level  $p = 0.00$  at the confidence level of 1 % in both areas, which means rejecting the null hypothesis and accepting the proposed hypothesis, this shows that there is a direct relationship between the proposed variables.

**Table 2. Family communication level between parent and child from the perspective of adolescents**

Level of communication with the father	URBAN AREA		RURAL AREA		TOTAL	
	N°	%	N°	%	N°	%
<b>Low</b>	32	16%	17	29%	49	19%
<b>Average</b>	159	79%	38	64%	197	75%
<b>High</b>	11	5%	4	7%	15	6%
<b>TOTAL</b>	<b>202</b>	<b>100%</b>	<b>59</b>	<b>100%</b>	<b>261</b>	<b>100%</b>

*Source: Data Obtained from the Barnes & Olson Family Communication Scale*

The table 2 shows the results on family communication between parent and adolescent children. With respect to the urban area, 79% of adolescents present a medium level of communication with the father, as in the rural area with 64%. On the other hand, from the 100% of adolescents in the Lampa district, 75% present average family communication.

**Table 3. Level of family communication between mother and child from the perspective of adolescents**

Level of Communication with the Mother	URBAN AREA		RURAL AREA		TOTAL	
	N°	%	N°	%	N°	%
<b>Low</b>	18	9%	13	22%	31	<b>12%</b>
<b>Average</b>	172	85%	42	71%	214	<b>82%</b>
<b>High</b>	12	6%	4	7%	16	<b>6%</b>
<b>TOTAL</b>	<b>202</b>	<b>100%</b>	<b>59</b>	<b>100%</b>	<b>261</b>	<b>100%</b>

*Source: Data obtained from the Barnes & Olson Family Communication Scale.*

Regarding the level of family communication between mother and adolescent children, it is observed that they have an average level in the urban area with 85% and in the rural area 71%, resulting in similar data in both populations. On the other hand, 82% present average family



communication. Coinciding with the results of Ferreyros (2019) where the majority presented regular family communication.

**Table 4.** *Self-esteem level of adolescents in the Urban and Rural areas*

SELF-ESTEEM LEVEL	URBAN AREA		RURAL AREA		TOTAL	
	N°	%	N°	%	N°	%
<b>Low self-esteem</b>	52	<b>26%</b>	15	<b>25%</b>	67	<b>26%</b>
<b>Average self-esteem</b>	140	69%	40	68%	180	<b>69%</b>
<b>High self-esteem</b>	10	5%	4	7%	14	<b>5%</b>
<b>TOTAL</b>	<b>202</b>	<b>100%</b>	<b>59</b>	<b>100%</b>	<b>261</b>	<b>100%</b>

*Source:* Data obtained from the Rosenberg Self-Esteem Scale.

The table 4 shows the level of self-esteem of adolescents, in the urban area 69% have an average level of self-esteem in the same way as in the rural area with 68%, data similar to that of Ferreyros (2019) who reported mostly self-esteem average in urban area like Esteves, Paredes, Calcina, & Yapuchura (2020). Likewise, the table shows low self-esteem in rural areas with 25%. Being similar to the study by Montes, Escudero & Martínez (2012) who carried out the study in rural areas.

#### 4. DISCUSSION

According to the results obtained in the research, there is a degree of average positive correlation between family communication and self-esteem in adolescents in the urban area with a value of  $Rho = 0.576$ , while in rural areas there is a significant positive correlation of  $Rho = 0.850$  and a level of significance.  $p = 0.00$  in both populations. These findings are similar to Offordile's (2012) study, prevailing as a result those who have poor communication with their parents also have low self-esteem, as in the Castañeda & Córdova (2018) study. On the other hand, Del Barrio del Campo & Salcines (2012), adds that adolescents with low family communication have 2,297 times greater risk of developing low self-esteem, unlike those adolescents who have high family communication.

Therefore, family communication is essential for the genesis and evolution of self-esteem in children, since it is affected at each stage of human development (Polaino, 2004). These results are slightly similar in both populations and it is attributed that one of the possible factors that intervene in the consolidation of self-esteem is family communication.

With regard to communication between father and mother and child from the perspective of the adolescent in rural and urban areas, approximately more than half of adolescents present

medium or regular communication with a tendency to decrease for both parents (being from the mother partially superior to the father) both in rural and urban areas, findings similar to the research carried out by Sánchez and Zúñiga (2019) where he points out that communication with the father is of a medium level without exceeding the percentage with respect to the mother. On the other hand, these results differ from those found by Castañeda & Córdova (2018) who observed that communication with both parents was mostly negative. In addition, communication begins from the time he drinks is in the womb and if he continues, he will develop assertive communication in adolescence (González, 2018).

Therefore, mothers provide more support, are more interested and more committed in the area of educating their sons and daughters, unlike fathers who change their role shortly after childhood by providing discipline and acting as role models (Coleman & Henry, 2003). Therefore, communication with the mother is a product of the role that the mother plays in the family, since we find slight differences between the relationship of the adolescent son with the mother and the relationship with the father, the first being generally closer and more open to the expression of emotions, so the children (as) usually have the same warmth in correspondence with the mother.

In relation to self-esteem, both in rural and urban areas more than half of adolescents have medium-level self-esteem followed by low self-esteem. Quispe (2011), showed that adolescents in rural areas have low and medium self-esteem, while in urban areas they have high and medium self-esteem, results that differ from ours. On the other hand, Zaconeta (2018) showed low self-esteem in half of its population and approximately a third in high self-esteem. Like the results of Castañeda & Córdova (2018) where approximately half the population has low self-esteem, concluding that a nuclear family environment leads to emotional well-being and an optimal space for behavioral training, where parents talk to them, in order to cope with your problems together and your teens have more confidence in themselves. Furthermore, Polaino (2004) complements saying that the self-esteem of adolescents could be the reflection of the self-esteem of the parents, due to the very fact of their coexistence and interaction. Based on this, it is indicated that the evolution of self-esteem in adolescents is influenced by family interaction.

Regarding the self-esteem of adolescents in rural areas, it should be noted that, even with low and medium-level self-esteem, adolescents feel that they are worthy of appreciation, that they have good qualities and a positive attitude, but at the same time they feel insecure about themselves. Themselves, their personal appreciation is unfavorable and they feel that they are not capable of doing things like others. Contrary to urban adolescents who would like to feel more respect for themselves. In this sense, the geographical area in which one lives may not be a factor



that predisposes the development of self-esteem in humans because the results found in both populations are similar.

## 5. CONCLUSION

Adolescents in urban and rural areas have a level of family communication and average self-esteem, followed by a low level. It turns out that a good level of family communication leads to good self-esteem in adolescents and vice versa. Furthermore, it is concluded that there is an average positive correlation between family communication and self-esteem in the urban area and a considerable positive correlation in the rural area.

Regarding family communication between father / mother and teenage child in rural and urban areas, they present a medium level of family communication with both parents.

Regarding self-esteem in rural and urban areas, adolescents have a medium level of self-esteem, which means that sometimes they feel self-confident and appear strong in front of others.

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María Masco: conceptualización, análisis formal, investigación, metodología, administración del proyecto, recursos, software, supervisión, validación, visualización, escritura - preparación del borrador original, escritura - revisar & edición.

Angela Esteves: conceptualización, investigación, metodología, administración del proyecto, recursos, software, supervisión, validación, visualización, escritura - preparación del borrador original, escritura - revisar & edición.

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