

# The Influence of Quality Time on Children's Self-Esteem

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## Abstract

This study aims to identify the effect of quality time between parents and children aged three to eight on children's self-confidence. A quantitative approach was used in this study. 101 parents of children ranging in age from three to eight years old made up the study sample, which was chosen via purposive sampling. The Child-Parent Relationship Scale (CPRS) questionnaire was used to collect the data, and the percentage value utilising the instrument's score was used for the descriptive analysis. The findings of this study can prove that children's self-confidence is better if parents spend quality time with their children.

**Keywords:** Relationship, Parents, Child, Self-Confidence

## Introduction

Our to-do lists become larger as the days go by, and it seems that other priorities take precedence over spending time with our families. It's important to schedule regular family time with your children, according to study. Behaviour issues in the home or at school are less common in children. (Jones, 2017). Kids who spend more time with their family are more likely to engage in less risky behaviours, such as drug and alcohol usage. Our to-do lists become larger as the days go by, and it seems that other priorities take precedence over spending time with our families. Giving your kids your love and attention is important for preserving their mental and emotional well-being. The best method for parents to achieve this is by consistently spending quality time with their kids. Children who spent more time with families increases children's well-being. In general, quality time with your children is essential for both you and their wellbeing.

Parents with higher levels of education, especially those with a university degree, are much more likely to find the time to participate in educational activities with their children, regardless of the time budget restrictions linked to their attachment to the labour market and regardless of their ability to work flexible hours. Children always obey instructions, thus it is crucial for parents to teach and regulate their conduct. Hence, in order to properly educate children, parents and other adults must be severe (Mahamud and Yean, 2018).

As a result of the high cost of living in today's society, parents often pursue riches at the expense of their parental duties. Most of today's parents are busy chasing luxury and competing in a materialistic environment. Parents encounter problems in carrying out multiple duties to manage the family, children's learning and conducting work from home. According to a study by Morelli et. al (2020), parents who are capable of handling their parental responsibilities may operate as a barrier to the mental wellbeing of their kids. This implies that parents who struggle with task management help shape their kids' emotional development.

The study discovered significant declines in parental despair, a moderate loss in parenting effectiveness, and a significant decline in children's self-confidence from the start of the pandemic in 2020 to the first few months of the epidemic. In addition, the incidence of changes in anxiety and the quality of parenting (Feinberg et. al., 2021). Parents who are in charge need to instill confidence in their children. Parents who are in charge will give their kids direction and encourage verbal cooperation while justifying their actions. Excellent parents will give their kids a sense of authority and continually encourage them to have confidence in themselves. Parents must teach and model appropriate behaviour for their children since they always obey their parents. Hence, in order to properly educate children, parents and other adults must be strict in educating them (Mahamud and Yean, 2018).

Therefore, this study was conducted to examine the effect of quality time between parents with three to eight-year-old children with children's self-confidence.

### **Literature Review**

A parent-child relationship is a lifetime commitment. A child's wellbeing and self-confidence can be impacted by their relationship with their parents, which is a crucial relationship. Parents who are working need to be aware of their relationship with their kids. Because of their obligations to their jobs, they are unable to spend as much time with their kids. It is essential to make sure that the time offered is of high quality so that you can develop a stronger bond with the kids (Hakansson et. al., 2016)

According to Rajgariah et. al (2021), the two main responsibilities of women as housewives and mothers increase the pressure on child care and career development, resulting in lower quality parent-child relationships, which can affect the mental health of parents and children during their developmental process. The findings of this study also show that a greater proportion of working mothers than non-working mothers experience parenting stress, necessitating intervention in the form of mental health promotion and the provision of workplace facilities. This study concludes that depressed parents have an impact on the relationship between parents and children. As a result, parents must prioritise and increase quality time with their children in order to improve their relationship, trust, and safety.

### **Methodology**

This study aims to focus on two research questions

1. Examine the differences between children's self-confidence and the average amount of time spent with their parents.
2. Examine parents' perspectives on their children's self-confidence depending on the amount of quality time spent.

This study uses a quantitative research method in the form of a survey. The respondents were 101 mothers and fathers with children aged 3 to 8 years. The Child-Parent Relationship Scale (CPRS, 1992) was adapted for this study's purposes. The questionnaire is divided into three sections: demographic information, questions about parent-child relationships, and open-

ended questions about differences in parent-child relationships throughout the pandemic period. To avoid cross-cultural issues, a qualified language expert translated this questionnaire into Malay. Data were descriptively analysed using the CPRS instrument score guide in SPSS version 26.

The purpose of this study is achieved through the use of purposeful sampling. The chosen respondents are parents with children aged 3 to 8 years. Questionnaires were distributed to preschool teachers in Perak, Selangor, and Johor for to be answered by parents of children of that age group. Therefore, the study's findings cannot be generalized to parents across the country.

Table 1

*Data Analysis Table*

Objective	Instrument	Data Analysis
1. Examine the differences between children's self-confidence and the average amount of time spent with their parents.	Child-Parent Relationship Scale (CPRS)	CPRS Score Guide Descriptive: Percentage
2. Examine parents' perspectives on their children's self-confidence depending on the amount of quality time spent.	Open ended survey	Descriptive

**Data Analysis and Finding**

Table 2

*Type of Parents*

Average >3 hours spending time with children	57	Group A
Average <3 hours spending time with children	44	Group B

**Objective 1:** Examine the differences between children's self-confidence and the average amount of time spent with their parents

Table 3

*My child seems hurt or embarrassed when I correct his mistakes.*

Score	Group A		Group B	
	Frequency	Percentage	Frequency	Percentage
Definitely does not apply	5	8.7	11	25
Not apply	36	63.2	7	15.9
Neutral, not sure	3	5.3	2	4.5
Applies somewhat	6	10.5	23	52.3
Definitely applies	7	12.3	1	2.3
<b>Total</b>	57	100	44	100

Table 4

*My child is too dependent on me*

Score	Group A		Group B	
	Frequency	Percentage	Frequency	Percentage
Definitely does not apply	2	3.5	1	2.3
Not apply	26	45.6	3	6.8
Neutral, not sure	14	24.6	4	9.1
Applies somewhat	7	12.3	26	59.1
Definitely applies	8	14	10	22.7
<b>Total</b>	57	100	44	100

Table 5

*My child spontaneously share about him/herself.*

Score	Group A		Group B	
	Frequency	Percentage	Frequency	Percentage
Definitely does not apply	0	0	1	2.3
Not apply	1	1.7	25	56.8
Neutral, not sure	0	0	4	9.1
Applies somewhat	18	31.6	10	22.7
Definitely applies	38	66.7	4	9.1
<b>Total</b>	57	100	44	100

Table 6

*My child sees me as a source of punishment and criticism.*

Score	Group A		Group B	
	Frequency	Percentage	Frequency	Percentage
Definitely does not apply	5	8.8	1	2.3
Not apply	30	52.6	4	9.1
Neutral, not sure	11	19.3	5	11.4
Applies somewhat	7	12.3	21	47.7
Definitely applies	4	7.0	13	29.5
<b>Total</b>	57	100	44	100

Table 7

*My child can tell me about his/her feelings and experiences openly.*

Score	Group A		Group B	
	Frequency	Percentage	Frequency	Percentage
Definitely does not apply	0	0	1	2.3
Not apply	2	3.5	2	4.5
Neutral, not sure	2	3.5	2	4.5
Applies somewhat	4	7.0	23	52.3
Definitely applies	49	86	16	36.4
<b>Total</b>	57	100	44	100

### Discussion and Conclusion

Spending quality time with your children entails being fully present when they are engaged in activities that they enjoy. It could be as simple as setting aside a few minutes each day to spend meaningful time with your children without any distractions.

Bonding is one of the specific aspects of a child-parent relationship that aims to keep children safe and protected (Benoit, 2004). Quality time with children allows parents to form positive relationships with their children and make them feel safe and loved. There are numerous activities that can be done together to help children develop trust and confidence in their parents. A pleasant home environment contributes to the development of a positive relationship between parents and children.

Children who experience responsive, calming parenting and feel their parents or carers are helpful and available will develop strong, dependable bonds. Children won't feel safe, though, if parents or other adults are unable to provide them with the fundamentals of a safe relationship and a decent home (Kamza, 2019).

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