



**UNIVERSITI PUTRA MALAYSIA**

**A CONTRIBUTIONS OF PERCEIVED PARENTAL WARMTH, SELF-ESTEEM, AND SEX DIFFERENCES TO EARLY ADOLESCENT DEPRESSION**

**LIM HUI JUN**

**FEM 2011 17**

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AND SEX DIFFERENCES TO EARLY ADOLESCENT DEPRESSION**



**Thesis Submitted to the School of Graduate Studies, Universiti Putra  
Malaysia, in Fulfillment of the Requirements for the Degree of  
Master of Science**

**December 2012**

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Master of Science

**CONTRIBUTIONS OF PERCEIVED PARENTAL WARMTH, SELF-ESTEEM, AND SEX DIFFERENCES TO EARLY ADOLESCENT DEPRESSION**

By

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**DECEMBER 2011**

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Depression is ranked as the fourth most immobilizing illness in the world and even in Malaysia. In the literature, the contribution of parenting, self-esteem and sex on depression has been well established. Yet, the simultaneous contribution of perceived parental warmth, self-esteem and sex on depression remains unclear. Thus, the purpose of the present study is to examine the concurrent contributions of perceived parental warmth, self-esteem and sex on depression among early adolescents. The specific objectives of the study were fourfolds; (1) to determine sex differences in depression among early adolescents, (2) to determine the relationships between perceived parental warmth, self-esteem and depression among early adolescents, (3) to examine the direct and indirect effects of perceived parental warmth and self-esteem on depression among early adolescents, and (4) to determine the contribution of sex on the indirect effect of perceived parental warmth on depression

through self-esteem among early adolescents. This quantitative study adopted a cross-sectional design using survey method, in which the sample was a subsample of a nation-wide study on parenting and adolescent's well-being. A total of 1394 participants from the study who were Form 1 and Form 2 students reported living with their married and biological parents completed the three measures; Supportive parenting scale, Rosenberg self-esteem scale and Beck depression inventory for Malays. Result from the independent samples t-test indicated that sex difference exists in depression, in which females were more vulnerable to experience depression compared to males. In addition, the Pearson product moment correlation result revealed that perceived parental warmth, self-esteem and depression were correlated, in which perceived parental warmth was positively related to self-esteem while perceived parental warmth and self-esteem were negatively related to depression. Consequently, result from path analysis indicated that perceived parental warmth and self-esteem contributed to depression, in which perceived parental warmth directly and indirectly affected depression, while self-esteem directly affected depression. Furthermore, sex was found to influence the contributions of perceived parental warmth and self-esteem on depression, in which the indirect effect of perceived parental warmth to depression through self-esteem was stronger for males. Therefore, findings from the study; (1) affirms the notion by Beck that self-esteem is a core factor of depression, (2) expands the examination of parenting by two individuals (father and mother), (3) provides additional insights on the

integrated contributions of perceived parental warmth, self-esteem and sex on depression, and (4) asserts the importance of self-development and parental warmth. In other words, as individuals, parents, organizations, counselors and government work together towards a common goal, the preventive measures for depression from being an epidemic among the future younger generation can be accomplished.



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Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**SUMBANGAN PERSEPSI KEMESRAAN IBU BAPA, ESTIM KENDIRI,  
DAN PERBEZAAN JANTINA TERHADAP KEMURUNGAN DALAM  
KALANGAN AWAL REMAJA**

Dari

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Kemurungan berada di kedudukan keempat sebagai penyakit paling melumpuhkan di dunia malah di Malaysia. Dalam kesusasteraan, sumbangan keibubapaan, estim sendiri dan jantina terhadap kemurungan telah diasaskan. Namun, sumbangan sepadu persepsi kemesraan ibu bapa, estim sendiri dan jantina terhadap kemurungan masih tidak jelas. Maka, tujuan kajian ini adalah untuk memeriksa sumbangan serentak persepsi kemesraan ibu bapa, estim sendiri dan jantina terhadap kemurungan dalam kalangan awal remaja. Objektif khusus kajian ini adalah empat rangkap; (1) menentukan perbezaan jantina dalam kemurungan dalam kalangan awal remaja, (2) menentukan hubungan persepsi kemesraan ibu bapa, estim sendiri dan kemurungan dalam kalangan awal remaja, (3) memeriksa kesan-kesan langsung dan tidak langsung persepsi kemesraan ibu bapa, estim sendiri dan kemurungan dalam kalangan awal remaja, dan (4) menentukan sumbangan jantina terhadap

kesan tidak langsung persepsi kemesraan ibu bapa terhadap kemurungan melalui estimasi sendiri dalam kalangan awal remaja. Kajian kuantitatif ini menggunakan rekabentuk keratan lintang dengan menggunakan kaedah survei, di mana sampel adalah subsampel daripada satu kajian yang merangkumi seluruh negara mengenai keibubapaan dan kesejahteraan remaja. Sejumlah 1394 peserta daripada kajian merangkumi pelajar Tingkatan 1 dan Tingkatan 2 yang dilaporkan tinggal bersama ibu bapa biologikal yang masih berkahwin dan telah melengkapinya tiga skala; Skala sokongan keibubapaan, Skala estimasi sendiri Rosenberg dan Inventori kemurungan Beck untuk orang Melayu. Hasil dari ujian-t sampel bebas menunjukkan bahawa perbezaan jantina wujud dalam kemurungan, di mana perempuan lebih terdedah untuk mengalami kemurungan berbanding lelaki. Selain itu, hasil korelasi Pearson mendedahkan bahawa persepsi kemesraan ibu bapa, estimasi sendiri dan kemurungan adalah berkaitan, di mana persepsi kemesraan ibu bapa mempunyai perkaitan positif dengan estimasi sendiri, manakala persepsi kemesraan ibu bapa dan estimasi sendiri mempunyai perkaitan negatif dengan kemurungan. Oleh yang demikian, hasil dari analisis path menunjukkan bahawa persepsi kemesraan ibu bapa dan estimasi sendiri menyumbang kepada kemurungan, di mana persepsi kemesraan ibu bapa mempengaruhi secara langsung dan tidak langsung terhadap kemurungan, manakala estimasi sendiri mempengaruhi secara langsung terhadap kemurungan. Tambahan pula, jantina didapati mempengaruhi sumbangan persepsi kemesraan ibu bapa dan estimasi sendiri terhadap kemurungan, di

mana kesan tidak langsung persepsi kemesraan ibu bapa terhadap kemurungan melalui estim sendiri lebih kuat bagi lelaki. Oleh itu, penemuan dari kajian; (1) menegaskan tanggapan Beck bahawa estim sendiri adalah faktor utama kemurungan, (2) memperluaskan pemeriksaan keibubapaan oleh dua individu (bapa dan ibu), (3) membekalkan kefahaman tambahan pada sumbangan serentak persepsi kemesraan ibu bapa, estim sendiri dan jantina pada kemurungan, dan (4) menekankan kepentingan perkembangan diri dan kemesraan ibu bapa. Dengan kata lain, sebagaimana individu, ibubapa, organisasi, kaunselor dan kerajaan bekerjasama ke arah matlamat yang sama, langkah-langkah pencegahan untuk kemurungan daripada menjadi epidemik di golongan generasi muda masa depan dapat dijayakan.



## ACKNOWLEDGEMENTS

First and foremost, I wish to thank my Lord for giving me this opportunity of continuing my studies, granting me the perseverance and wisdom in completing this journey of education.

I wish to thank my parents and family as well for their care and support throughout this rough journey. They were constantly supporting me morally and financially; allowing me to pursue my dreams of aiming higher.

I wish to thank my supervisor, Prof. Dr. Rozumah Baharudin, for giving me the opportunity to work under her and be her supervisee. Her encouragements have always motivated me to persevere in times of confusion. Her efforts in guiding me throughout the journey are also appreciated with much gratefulness.

I wish to thank my co-supervisor, Dr. Tan Jo-Pei, for sharing her knowledge and views as she reads through the drafts of my thesis.

I wish to thank two of my comrades, Hong Chi Yee and Chiah Wan Yeng, for their time spent in assisting me with their ideas, possible solutions, and knowledge related to my thesis.

I also wish to thank a close friend, Chin Yeong Keng, for always being there for me, supporting me and encouraging me when I doubt myself to complete my thesis.

Last but not least, I wish to acknowledge my structural equation modeling (SEM) guru, Prof. Dr. Mohamad Sahari Nordin, who has spent his time in coaching me about SEM.

I certify that a Thesis Examination Committee has met on 5 DECEMBER 2011 to conduct the final examination of Lim Hui Jun on her thesis entitled "Contributions of Perceived Parental Warmth, Self-esteem, and Sex Differences to Early Adolescent Depression" in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Master of Science.

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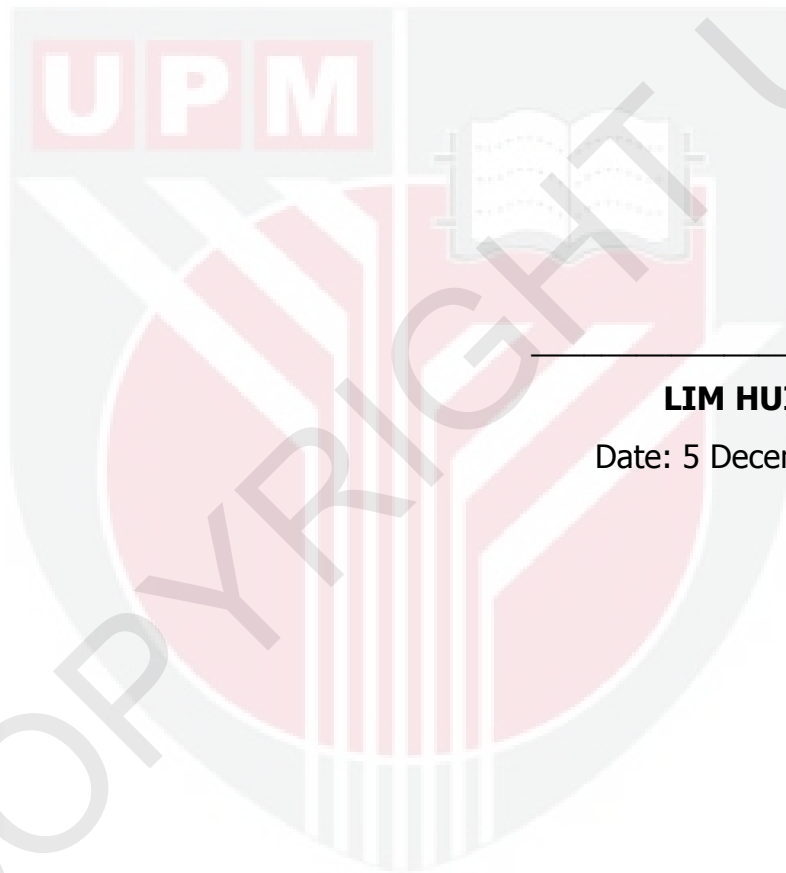
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## DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.



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**LIM HUI JUN**

Date: 5 December 2011

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