

## Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University

<sup>1</sup>Gayatri Anindya Prasanti, <sup>2</sup>Dewi Ariani\*, <sup>3</sup>Afniari Maharani, <sup>4</sup>Diadjeng Setya Wardani

<sup>1</sup> Bachelor of Midwifery Study Program, Faculty of Medicine, Universitas Brawijaya, Indonesia; email: [gayatrianindya@student.ub.ac.id](mailto:gayatrianindya@student.ub.ac.id)

<sup>2</sup> Department of Midwifery, Faculty of Medicine, Universitas Brawijaya, Indonesia\*; email: [dewiariani1981@ub.ac.id](mailto:dewiariani1981@ub.ac.id)

<sup>3</sup> Department of Midwifery, Faculty of Medicine, Universitas Brawijaya, Indonesia; email: [afniarimaharani@ub.ac.id](mailto:afniarimaharani@ub.ac.id)

<sup>4</sup> Department of Midwifery, Faculty of Medicine, Universitas Brawijaya, Indonesia; email: [diadjeng\\_wardani@ub.ac.id](mailto:diadjeng_wardani@ub.ac.id)

\*Correspondence

### Article Information

Submitted: 22 April 2026

Accepted: 04 May 2026

Publish: 12 May 2026

**Keyword:** Mother-Daughter Relationship; Self-Esteem; Female College Students; Emerging Adulthood;

**Copyright holder:** Gayatri Anindya Prasanti, Dewi Ariani, Afniari Maharani, Diadjeng Setya Wardani

**Year:** 2026

This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.



### Abstract

**Introduction:** Self-esteem plays an important role in mental health and personal development. However, limited evidence is available regarding the relationship between mother-daughter relationships and self-esteem among midwifery students, particularly in the Indonesian context.

**Objective:** This study aims to examine the association between mother-daughter relationship and self-esteem among undergraduate midwifery students at Brawijaya University. **Method:** with a cross-sectional. A total of 174 female students were selected from cohorts 2022–2024.

The Mother-Adult Daughter Questionnaire (MADQ) was used to assess mother-daughter relationship and the Rosenberg Self-Esteem Scale (RSES) was used to measure self-esteem. Data were analyzed using Spearman rank correlation and ordinal logistic regression. This study employed an observational analytical design. **Results and Discussion:** Most respondents had high self-esteem and strong mother-daughter relationships. All three dimensions connectedness ( $r = 0.386$ ;  $p < 0.05$ ), interdependency dimension has a significant relationship with self-esteem ( $p < r = 0.189$ ;  $p < 0.05$ ), and the trust in hierarchy ( $r = 0.278$ ;  $p < 0.05$ ) were significantly associated with self-esteem. In multivariate analysis, only connectedness remained a significant predictor. **Conclusion:** Mother-daughter relationship are significantly associated with self-esteem among midwifery students, with emotional connectedness emerging as the most influential factor. These findings highlight the importance of supportive family relationships in promoting students' psychological well-being.

How to Cite

Gayatri Anindya Prasanti, Dewi Ariani, Afniari Maharani, Diadjeng Setya Wardani/Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University/Vol. 5, No. 8, 2026

DOI  
e-ISSN/p-ISSN  
Published by

<https://doi.org/10.54543/kesans.v5i8.628>  
2808-7178 / 2808-7380

CV. Rifainstitut/KESANS: International Journal of Health and Science

## **Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

### **Introduction**

Self-esteem is a significant factor influencing mental health. Healthy self-esteem contributes to the development of self-confidence, psychological resilience, positive social relationships, and academic achievement (Pinquart & Gerke, 2019). Rosenberg defines self-esteem as an individual's assessment of personal worth, which reflects either a positive or negative attitude toward the self (Muris & Otgaar, 2023; Rosenberg, 1965). This evaluation encompasses acceptance or rejection, as well as an individual's belief in self-worth, which is reflected in their attitude toward themselves (Nabilla et al., 2024).

Self-esteem affects decision-making, behaviour, and the evaluation of situations. High self-esteem is associated with greater happiness and increased productivity (Ismah & Widayat, 2023). Individuals with negative self-esteem often experience feelings of worthlessness and may punish themselves for perceived shortcomings, leading to diminished self-confidence when confronting challenges (Muris & Otgaar, 2023; Santrock, 2011). Low self-esteem represents a significant barrier to personal development. Additionally, it is linked to an increased risk of psychological disorders, including depression, eating disorders, victimisation, and suicidal ideation (Fithriyah et al., 2020).

Self-esteem development exhibits a fluctuating trajectory. During early adolescence, self-esteem is often lower due to biological changes, social stress, and psychosocial dynamics. In contrast, self-esteem typically increases in early adulthood as individuals develop self-reflection skills, independence, and a more stable self-identity (Ismah & Widayat, 2023). This stage is defined by five primary characteristics: identity exploration, instability, self-focus, the simultaneous experience of adolescence and adulthood, and the presence of numerous possibilities and hopes for the future (Arnett & Mitra, 2020). These developmental processes and transitions significantly influence the formation of an individual's self-worth.

Midwifery students are one of the groups that are in the emerging adulthood phase and are vulnerable to psychological distress as a result of academic and social demands. This, in line with research conducted by Maulidya et al. (2024) of 72 Bachelor of Midwifery students at Brawijaya University, showed that 66.7% of respondents experienced a moderate level of stress (Maulidya et al., 2024). Another study by Ramadhani (2018) on 50 female midwifery students D-III STIKes Aisyiyah Palembang revealed that 48% of respondents experienced mild stress, 30% moderate stress, 6% severe stress, and only 16% did not experience stress (Ramadhani, 2018). Unstable self-esteem triggers high levels of stress, as a result of which individuals become more susceptible to psychological disorders and confusion in determining the direction of life (quarter-life crisis) (Pratiwi & Nasution, 2024).

One of the factors that can strengthen self-esteem is the mother-daughter relationship. A mother-daughter relationship is a relationship with a stronger bond when compared to other relationships. A person's self-esteem is formed through meaningful social relationships, especially in the family environment (Orth & Robins, 2014). Loving parenting, open communication, and strong emotional closeness from mothers can shape a child's positive perception of himself (Onayli & Baker, 2013). On the other hand, cold, inconsistent, and conflicting relationships can form an insecure emotional bond that negatively affects the formation of self-esteem (Fraley & Shaver, 2000).

However, limited evidence is available regarding the relationship between mother-daughter relationships and self-esteem among midwifery students, particularly in the

Gayatri Anindya Prasanti, Dewi Ariani, Afniari Maharani, Diadjeng Setya Wardani/KESANS

## **Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

Indonesian context a preliminary study conducted among midwifery students at Universitas Brawijaya indicated variability in self-esteem levels, suggesting the need for further investigation. Therefore, this study aims to examine the association between mother–daughter relationships and self-esteem at Universitas Brawijaya.

### **Method**

This study is an observational analytical research with a cross-sectional approach. This means that data collection is carried out once at a time without any intervention or treatment. The population in this study is 308 people, consisting of Bachelor of Midwifery students of the 2022, 2023, and 2024 batches at the Faculty of Medicine, Universitas Brawijaya. Sample size was determined based on minimum requirement for correlation analysis, and the results were obtained from 174 people. Samples were selected based on inclusion–.

Data were collected using self-administered questionnaires. The mother–daughter relationship was assessed using the Mother–Adult Daughter Questionnaire (MADQ), while self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES).. Data were analyzed using Spearman’s rank correlation to examine the association between each dimension of the mother–daughter relationship and self-esteem. Ordinal logistic regression was subsequently performed to identify the most dominant predictor of self-esteem. This study was approved by the Research and Innovation Ethics Committee of Universitas Brawijaya No.10/EC/KEPK-S1/01/2026.

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

**Results and Discussion**

**Table 1**

Distribution of Respondent's Characteristics

<b>Characteristics</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Respondent Age</b>		
18 Years	7	4.0%
19 Years	37	21%
20 Years	73	42%
21 Years	44	25.3%
22 Years	12	6.9%
23 Years	1	0.6%
<b>Mother's Last Education</b>		
≤ High School (Elementary–High School)	83	47.7%
> High School (Diploma - Doctorate)	91	52.3%
<b>Mother's Occupation</b>		
Unemployed	82	47.1%
Employee	92	52.9%
<b>Parent's Marriage Status</b>		
Married	160	92.0%
Divorce	4	2.3%
One of them died	10	5.7%
<b>Parenting Style</b>		
Authoritative	40	23.0%
Parenting	130	74.7%
Authoritarian	4	2.3%
<b>Closeness to family members</b>		
Father	16	9.2%
Mother	141	81%
Both	12	6.9%
Other family	2	1.1%
Not close to any family member	3	1.7%
<b>Total</b>	<b>174</b>	<b>100%</b>

Based on the table, the majority of respondents are 20 years old (42%). The majority of respondents had mothers with a highest level of education > high school (52.3%), with the most jobs being unemployed (47.1%). The majority of respondents' parents were married couples (92.0%). The most widely applied parenting style among respondent mothers is permissive (74.7%), which emphasises warmth with few demands. In this study, most respondents (81%) felt closer to their mothers than to other family members.

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

**Table 2**  
Distribution of Mother-Daughter Relationship Characteristics

<b>Characteristics</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Duration of Living with Mother</b>		
≤ 17 Years Old	41	23.6%
>17 Years	133	76.4%
<b>Distance To Meet Mother</b>		
± 4.8 Km or Less	39	22.4%
± 4.8–48 Km	15	8.6%
± 48–322 Km	49	28.2%
± 322–1.287 Km	33	19.0%
± 1.287–4.828 Km	10	5.7%
> 4.828 Km	28	16.1%
<b>Frequency of Face to Face Contact with Your Mother</b>		
Almost Every Day	39	22.4%
< Once Per Year	3	1.7%
Once Every Few Months	42	24.1%
Once A Month	30	17.2%
Once Week	13	7.5%
Once or Twice a Year	45	25.9%
Never	2	1.1%
<b>Frequency of Communication with Mother</b>		
Every Day	115	66.1%
Never	2	1.1%
Every Week	43	24.7%
Every Month	11	6.3%
Less then Once a Month	3	1.7%
<b>Desire to communicate with mother (if cost is not an issue)</b>		
About the Same as Now	138	79.3%
Slightly more often	13	7.5%
much more often	23	13.2%
<b>Quality of Relationship with Mother (When Compared to Other Families)</b>		
Closer than Others	127	73.0%
Less Close Than Others	42	24.1%
Other	6	3.4%
<b>Satisfaction with Mother Daughter Relationship</b>		
Very Satisfied	121	69.5%
Satisfied	42	24.1%
Neutral	10	5.7%
Dissatisfied	1	0.6%
<b>Total</b>	<b>174</b>	<b>100%</b>

Based on the table, the characteristics of the mother-daughter relationship in this study show diverse dynamics. Most respondents (76.4%) had lived with their mothers for >17 years. The majority of respondents need to travel ± distance of 48-322 km to meet their mothers (28.2%). Most respondents met their mothers once or twice a year (25.9%). Despite this, the majority of respondents still communicate with their mothers every day (66.1%). Most respondents have the same desire to communicate with their mother as they do now (79.3%). When viewed in terms of the quality of the relationship with the mother, compared with other families, the majority of respondents stated they were closer (73.0%). Regarding satisfaction with the relationship with the mother, the majority of respondents reported very satisfactory levels (69.5%).

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

**Table 3**  
Average Self-Esteem Score

	<b>N</b>	<b>Lowest Score</b>	<b>Highest Score</b>	<b>Average</b>	<b>Stadar Deviation</b>
Self- Esteem	174	17	40	31.49	4.82

The average self-esteem score in this study was 31.49 with a standard deviation of 4.82. When compared to previous research by (Fithriyah et al., 2020), the self-esteem value in this study is high 6.

**Table 4**  
Distribution of Self-Esteem Levels

<b>Category</b>	<b>Frequency</b>	<b>Presentase</b>
Low	20	11.5%
Medium	52	29.9%
Height	102	58.6%

**Remarks: Score 10-25 = low; 26-29 = medium; 30-40 = height**

The distribution of self-esteem levels showed that the majority of respondents had high self-esteem (58.6%), followed by moderate (29.9%) and low levels (11.5%). This finding indicates that most participants demonstrate a generally positive self-evaluation. The predominance of high self-esteem may be related to the developmental stage of emerging adulthood, during which individuals tend to develop a more stable self-concept, greater independence, and improved emotional regulation. This stage allows individuals to evaluate themselves more realistically and develop confidence in their abilities.

In addition, supportive interpersonal relationships, particularly within the family context, may contribute to higher self-esteem by fostering a sense of acceptance, security, and personal value. This aligns with Arnett's (2000) view that individuals in the emerging adulthood stage begin to focus on developing self-qualities, such as being responsible to themselves and making independent decisions (Arnett, 2000). This condition allows individuals to assess themselves more realistically, accept their shortcomings and strengths, and have better self-control. Individuals also become more confident in their abilities and feel more optimistic about their efforts, which can lead to a higher level of self-esteem (Rokhmatika & Muslikah, 2024).

In addition, parenting can also affect the formation of self-esteem. In this study, the majority of respondents reported a permissive parenting style, characterised by openness and non-demandingness. These findings are in line with research by Gul et al. (2024), which found a relationship between permissive parenting and age in the self-esteem of female medical students at Rawalpindi Medical University. Other research indicates that the impact of permissive parenting on self-esteem is uncertain and is influenced by the characteristics of the more dominant dog (Gul et al., 2024). Permissive parenting accompanied by emotional warmth and trust in children's abilities can encourage the emergence of positive feelings in children. In addition, parental warmth, an important dimension of permissive parenting, helps children internalise social norms and values (Gul et al., 2024). This condition allows individuals to feel valued, accepted, and trusted to make their own decisions, thus contributing to the formation of higher self-esteem (Pinquart & Gerke, 2019). The quality of healthy interpersonal relationships is also a factor that affects the high level of self-esteem in the respondents of this study. The relationship between mother and daughter is linked to girls' psychological growth and well-being (Onayli & Baker, 2013). A relationship characterised by emotional warmth,

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

open communication, and the support and acceptance of the mother will create a sense of security, value, and acceptance. Acceptance and support from other parties, such as family, are the main sources of self-assessment for girls, which later affects self-esteem (Bukowski, 2012).

Mean score for the interdependency dimension was 13.08 (SD = 2.55), indicating a relatively high level of mutual support and openness in the mother–daughter relationship among participants. This value is slightly lower than that reported by Fithriyah et al. (2020), which was  $23.20 \pm 3.76$ . The dimension of trust in hierarchy describes respect and obedience to wisdom that has a higher status in the family (Rastogi, 2002). This difference may be due to differences in parenting; the majority of respondents in this study received a permissive parenting style. Permissive parenting emphasises high warmth and acceptance from parents, but low demands and low control over children (Gul et al., 2024). This condition allows the relationship between mother and daughter to develop more equally, so that the hierarchical structure and authority of parents are less emphasised. As a result, this relationship is no longer considered one that emphasises the mother's higher status, but rather two individuals with the same right and value to be heard. This aligns with Baumrind's (1991) view that low parental demands affect children's perceptions of parental authority (Baumrind, 1991).

According to Maccoby (1992), the relationship between parents and children is formed from a two-way process of socialisation and through repeated emotional interactions over a long period of time (Maccoby, 1992). Although it does not emphasise strict demands and controls, a warm and responsive mother-child relationship can shape an emotional closeness and an adaptable pattern of relationship between mother and child. Thus, the lower value of trust in hierarchy in this study does not necessarily reflect a poorer quality of relationships, but may reflect a pattern of more open and democratic relationships between mothers and daughters, so that there is a reduced emphasis on the maternal and child hierarchy. Mean score for the interdependency dimension was 13.08 (SD = 2.55), indicating a relatively high level of mutual support and openness in the mother–daughter relationship among participants.

**Table 5**

The Relationship of Each Dimension (Connectedness, Interdependency, and Trust in Hierarchy) with Self-Esteem

Variabel	r	P-value
Connectedness	0.386	0.001
Interdependency	0.189	0.013
Trust in Hierarchy	0.278	0.001

Bivariate analysis showed that all three dimensions of the mother–daughter relationship were significantly associated with self-esteem. Connectedness demonstrated a moderate positive correlation ( $r = 0.386$ ;  $p < 0.001$ ), while interdependency ( $r = 0.189$ ;  $p = 0.013$ ) and trust in hierarchy ( $r = 0.278$ ;  $p < 0.001$ ) showed weak but significant positive correlations. These findings indicate that emotional closeness (connectedness) plays a more substantial role in shaping self-esteem compared to other relational dimensions. The moderate strength of this association suggests that individuals who perceive stronger emotional bonds with their mothers tend to have more positive self-evaluations. This result is consistent with previous studies, which also reported that connectedness is a key factor influencing self-esteem. Emotional warmth, open

## **Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

communication, and perceived support within the mother–daughter relationship may contribute to the development of a positive self-concept.

According to (Onayli & Baker, 2013), connectedness plays an important role in reducing psychological risks and the impact of negative behaviours on adolescents, as well as in increasing women's mental strength (Onayli & Baker, 2013). In some literature, connectedness is defined as closeness or emotional closeness between individuals and families, in this case, mothers who come from a mutually protective and sustainable relationship (Blum et al., 2022). In the context of a mother-daughter relationship, connectedness describes the level of emotional closeness that a child feels to his or her mother, including the perception that the mother cares, loves, and shares feelings and experiences. A warm relationship pattern and minimal conflict between mother and daughter facilitate secure attachment, so that children feel psychologically secure and more easily develop a positive self-concept (Fraley & Shaver, 2000). Secure attachment is the basis for the creation of an individual's sense of psychological security. This attachment will affect how individuals manage emotions and respond to their environment. When parents give appropriate and positive responses to children, high-quality attachments will form. In a supportive environment like this, children will feel safe and encouraged to explore the outside world, thereby supporting the socialisation process and overall healthy psychological development (Tan et al., 2023).

Communication is one of the factors that form self-esteem. Good communication is formed from a secure attachment between mother and child. Communication between mother and child is a reciprocal relationship in which messages or information are conveyed verbally and nonverbally. Communication full of love and affection will foster a more positive personality in the child, while less warm and less open communication can lower the child's self-esteem (Hadori et al., 2020). The quality of the mother-child relationship not only affects self-esteem today but also determines mental health in the future (Monteserin et al., 2025). The interdependency dimension in this study shows a significant relationship with female self-esteem, with  $p = 0.013$  ( $p < 0.05$ ) and  $r = 0.189$ . These results are in line with Rosyadi's (2022) research, which found that interdependency has a significant relationship with self-esteem ( $p < 0.05$ ,  $r = 0.255$ ) (Rosyadi, 2022). Another study by (Fithriyah et al., 2020) found that the interdependency subscale showed a meaningful but weak relationship with self-esteem ( $p < 0.05$ ,  $r = 0.225$ ) (Fithriyah et al., 2020).

These findings are supported by the research of Bojczyk et al. (2011), which explains that the relationship between mother and daughter in adulthood is an intimate and important bond in the development of girls (Bojczyk et al., 2011). Even when a child is an adult, when facing frustrations and difficulties, children often need emotional support and guidance from their mother. According to (Rastogi, 2002), interdependency can be interpreted as an effort to seek advice and help. Interdependency is part of the principle of linked lives, which holds that children's development is still influenced by the presence of the mother (Rastogi, 2002). A mother's availability to provide emotional support to her daughter creates a sense of security. It helps girls remain optimistic and confident as they face the "bridge" phase to full independence (Bojczyk et al., 2011).

The dimension of trust in hierarchy in this study shows a significant relationship with self-esteem, with  $p = 0.000$  ( $p < 0.05$ ) and  $r = 0.278$ . These findings are in line with (Rosyadi, 2022) research, which found a significant relationship between the trust in hierarchy dimension and self-esteem ( $p < 0.05$ ;  $r = 0.248$ ).<sup>23</sup> However, the results of this

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

study are contrary to the research conducted by (Fithriyah et al., 2020), which states that there is no relationship between the dimension of trust in hierarchy and self-esteem ( $p > 0.05$ ,  $r = 0.061$ ) (Fithriyah et al., 2020). This is because trust in hierarchy has a statistically weak correlation according to Cohen's general interpretation. Variations can influence differences in significance, effect size, and statistical sensitivity across studies; small correlations tend to be more susceptible to significant changes depending on sample size and data distribution.

In addition, differences in perceptions of trust in hierarchy across samples can yield different results in each study. Hierarchy can be perceived as a positive thing when individuals view it as a sign of respect and trust. On the other hand, hierarchy can have a negative connotation if individuals see it as a form of control and limitation. Trust in a healthy hierarchy is the foundation for forming interdependent relationships. As the child develops into adulthood, the relationship between mother and child becomes more equal, allowing the child to continue to respect his mother's advice without feeling he has lost his autonomy (Bojczyk et al., 2011). However, the hierarchy between mother and child must not turn into psychological control that is restrictive or restrictive, because if the mother's authority is built through psychological control, it will actually lower self-esteem due to disturbances in basic needs and independence (Tang et al., 2024).

**Table 6**  
Multivariate Test

Variabel	Estimate (B)	Wald	Sig.
Connectedness	0.151	14.674	0.000
Interdependency	-0.165	2.944	0.086
Trust in Hierarchy	0.094	2.449	0.118

Multivariate analysis was carried out by simultaneously testing the three dimensions of the mother-daughter relationship (connectedness, interdependence, and trust in hierarchy) and the level of self-esteem. In this study, it is found that the dimension with the most dominant influence on self-esteem is connectedness, with a p-value of  $< 0.05$ . Meanwhile, the other two dimensions (interdependency and trust in hierarchy) did not significantly affect self-esteem ( $p > 0.05$ ). The positive estimate value shows that if the variable increases, self-esteem also increases.

These findings are in line with previous research by (Fithriyah et al., 2020), which found that, among the three sub-scales of the mother-daughter relationship, only the connectedness sub-scale showed the strongest relationship with self-esteem (Blum et al., 2022; Fithriyah et al., 2020). This emphasises that connectedness has an important role in the relationship between mother and daughter. This aligns with the opinion of Blum et al. (2022), who stated that connectedness plays a cornerstone role in building children's mental health and well-being, as well as protective factors that can reduce negative psychological risks.<sup>24</sup> The mother-adolescent relationship makes an important contribution to predicting adolescent psychosocial functioning. Relationships characterised by lower conflict and high connectedness are associated with better self-development, lower risk behaviours, and increased self-esteem in adolescents (Lui et al., 2024). Warm and supportive relationships help individuals develop more positive self-esteem (Rahmayanti et al., 2024). Children who have a close relationship with their parents tend to have more positive psychological conditions. The sense of security and support from parents helps children regulate emotions and behaviours more effectively,

## **Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

enabling them to develop healthier interpersonal relationships and greater psychological well-being (Tan et al., 2023).

Meanwhile, the dimensions of interdependency and trust in hierarchy did not show a significant relationship in multivariate analysis. This is due to the characteristics of respondents who are in the emerging adulthood phase. In this phase, individual independence and autonomy increase, so that the aspects of dependency and hierarchical structure in relationships are no longer the main factors in the formation of self-esteem. Emerging adulthood is a period when individuals begin to explore their identity and focus on themselves, actively breaking away from the family hierarchy to build independence (Arnett & Mitra, 2020). In this phase, the mother-daughter relationship shifts from an asymmetrical (hierarchical) pattern to a more egalitarian pattern (Bojczyk et al., 2011). Individuals no longer view parental help as a validation of self-esteem, but as social support in close but still autonomous relationships (Koepke & Denissen, 2012). Study by O'Connor et al. (1996) shows that autonomy and proximity are not opposite dimensions but dimensions that go hand in hand (Arnett, 2000; Muris & Otgaar, 2023). As a result, hierarchical structure or degree of dependency in relationships is not the main factor affecting self-esteem. On the other hand, emotional closeness (connectedness) is actually a more dominant aspect in determining self-esteem. Thus, it can be concluded that the influence of these two dimensions on self-esteem is not independent but is closely related to connectedness, the core of the quality of emotional relationships.

### **Conclusion**

This study demonstrates that mother–daughter relationships are significantly associated with self-esteem among undergraduate midwifery students. Among the three dimensions examined, connectedness emerged as the strongest predictor, indicating that emotional closeness plays a central role in shaping self-esteem. While interdependency and trust in hierarchy were also significantly correlated with self-esteem, their influence was weaker and not sustained in multivariate analysis. These findings highlight the importance of supportive and emotionally close family relationships in promoting psychological well-being among young adults.

### **Limitations**

This research has several limitations, including;

1. The research sample consists of a specific population, namely students of the Undergraduate Midwifery Study Program, Universitas Brawijaya, so that the results of the study cannot be generalised to the general population of girls.
2. The use of a self-report questionnaire allows for the existence of a subjectivity bias of the respondents, such as social desirability bias, which allows the respondent to cover up aspects that are considered confidential.

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

**ADVICE**

1. Researchers are then expected to use a more diverse sample so that the research results can be representative of women in general.
2. Mothers and daughters are expected to build emotional closeness and establish more open communication so that girls' self-esteem becomes more positive, and they increase independence and confidence in facing life's challenges.
3. Education institutions are expected to develop programs that support students' mental health, such as counselling services and seminars that focus on improving self-esteem and the quality of interpersonal relationships in the family.

### Reference

- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J., & Mitra, D. (2020). Are the Features of Emerging Adulthood Developmentally Distinctive? A Comparison of Ages 18–60 in the United States. *Emerging Adulthood*, 8(5), 412–419. <https://doi.org/10.1177/2167696818810073>
- Baumrind, D. (1991). The Influence of Parenting Style on Adolescent Competence and Substance Use. *The Journal of Early Adolescence*, 11(1), 56–95. <https://doi.org/10.1177/0272431691111004>
- Blum, R. W., Lai, J., Martinez, M., & Jessee, C. (2022). Adolescent connectedness: cornerstone for health and wellbeing. *BMJ*, 379, e069213. <https://doi.org/10.1136/bmj-2021-069213>
- Bojczyk, K. E., Lehan, T. J., McWey, L. M., Melson, G. F., & Kaufman, D. R. (2011). Mothers' and Their Adult Daughters' Perceptions of Their Relationship. *Journal of Family Issues*, 32(4), 452–481. <https://doi.org/10.1177/0192513X10384073>
- Bukowski, W. M. (2012). *The Construction of the Self: Developmental and Sociocultural Foundations* (S. Harter, Ed.; Second Edition). Guilford Publications.
- Fithriyah, I., Muhdi, N., Setiawati, Y., & Febriyana, N. (2020). Mother-daughter relationship and daughter's self-esteem in female college students. *EurAsian Journal of BioSciences*, 14, 2455–2499.
- Fraley, R. C., & Shaver, P. R. (2000). Adult Romantic Attachment: Theoretical Developments, Emerging Controversies, and Unanswered Questions. *Review of General Psychology*, 4(2), 132–154. <https://doi.org/10.1037/1089-2680.4.2.132>
- Gul, F., Abbas, K., Saeed, S., Haider, T., Qayyum, S. N., & Noori, S. (2024). The relationship between parenting styles and self-esteem of medical students with age and gender as moderators. *Annals of Medicine & Surgery*, 86(9), 5145–5151. <https://doi.org/10.1097/MS9.0000000000002432>
- Hadori, R., Hastuti, D., & Puspitawati, H. (2020). SELF-ESTEEM REMAJA PADA KELUARGA UTUH DAN TUNGGAL: KAITANNYA DENGAN KOMUNIKASI DAN KELEKATAN ORANG TUA-REMAJA. *Jurnal Ilmu Keluarga Dan Konsumen*, 13(1), 49–60. <https://doi.org/10.24156/jikk.2020.13.1.49>
- Ismah, F. A., & Widayat, I. W. (2023). The Effectiveness of Using Self Instruction in Increasing Low Self-Esteem in Late Adolescence. *Psikoborneo: Jurnal Ilmiah Psikologi*, 11(4), 583. <https://doi.org/10.30872/psikoborneo.v11i4.12658>
- Koepke, S., & Denissen, J. J. A. (2012). Dynamics of identity development and separation–individuation in parent–child relationships during adolescence and emerging adulthood – A conceptual integration. *Developmental Review*, 32(1), 67–88. <https://doi.org/10.1016/j.dr.2012.01.001>
- Lui, C., Burke, K., & Dittman, C. K. (2024). The role of mother-adolescent relationship quality in moderating the effect of adolescent anxiety on psychosocial functioning. *Australian Journal of Psychology*, 76(1). <https://doi.org/10.1080/00049530.2024.2330384>
- Maccoby, E. E. (1992). The role of parents in the socialization of children: An historical overview. *Developmental Psychology*, 28(6), 1006–1017. <https://doi.org/10.1037/0012-1649.28.6.1006>

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

- Maulidya, A. K., Gumanti, K. A., & Kurnianingsih, N. (2024). [HUBUNGAN TINGKAT STRES DENGAN DERAJAT KEPARAHAN SINDROMA PRAMENSTRUASI MAHASISWI TINGKAT AKHIR SARJANA KEBIDANAN FAKULTAS KEDOKTERAN UNIVERSITAS BRAWIJAYA DI MASA PANDEMI COVID-19](#). *Majalah Kesehatan*, *11*(4), 266–277. <https://doi.org/10.21776/majalahkesehatan.2024.011.04.4>
- Monteserin, C., Lucía, L., Jiménez, M., & Villa, M. de la. (2025). Impact of mother-daughter relationships on self-esteem, social intelligence, and life satisfaction. *Electronic Journal of Research in Educational Psychology*, *23*(2), 249–272.
- Muris, P., & Otgaar, H. (2023). [Self-Esteem and Self-Compassion: A Narrative Review and Meta-Analysis on Their Links to Psychological Problems and Well-Being](#). *Psychology Research and Behavior Management*, *Volume 16*, 2961–2975. <https://doi.org/10.2147/PRBM.S402455>
- Nabilla, S., Nur Hafidza Fitri, & Rismaida P.A.Napitupulu. (2024). [TINGKAT SELF-ESTEEM PADA REMAJA SMA/SMK](#). *Jurnal Ilmiah Zona Psikologi*, *7*(1). <https://doi.org/10.37776/jizp.v7i1.1591>
- Onayli, S., & Baker, O. E. (2013). Mother - Daughter Relationship's Links to Daughter's Self-Esteem and Life Satisfaction. *Turkish Psychological Counseling and Guidance Journal*, *5*(40), 167–175.
- Orth, U., & Robins, R. W. (2014). The Development of Self-Esteem. *Current Directions in Psychological Science*, *23*(5), 381–387. <https://doi.org/10.1177/0963721414547414>
- Pinquart, M., & Gerke, D.-C. (2019). Associations of Parenting Styles with Self-Esteem in Children and Adolescents: A Meta-Analysis. *Journal of Child and Family Studies*, *28*(8), 2017–2035. <https://doi.org/10.1007/s10826-019-01417-5>
- Pratiwi, D. D., & Nasution, A. M. N. (2024). [Hubungan Self-esteem Dengan Quarter Life Crisis Pada Dewasa Awal di Lingkungan Hampanan Perak](#). *Jurnal Penelitian Pendidikan, Psikologi Dan Kesehatan (J-P3K)*.
- Rahmayanti, K., Herawati, H., Sofia, M., & Salwa, N. (2024). [Analisis Korelasi Kelekatatan Ibu Dalam Meningkatkan Self Control Dan Self Esteem Pada Remaja](#). *Journal of Healthcare Technology and Medicine*, *10*(2).
- Ramadhani, F. (2018). ANALISIS TINGKAT STRES MAHASISWA AISIYAH TAHUN 2018. *Repository Poltekkes Kemenkes Palembang*.
- Rastogi, M. (2002). The Mother-Adult Daughter Questionnaire (MAD): Developing a Culturally Sensitive Instrument. *The Family Journal*, *10*(2), 145–155. <https://doi.org/10.1177/1066480702102004>
- Rokhmatica, N., & Muslikah, M. (2024). [Pengembangan Instrumen Self-Esteem Coopersmith \(Citra Diri\)](#). *Jurnal Literasi Indonesia*, *1*(1), 1-8.
- Rosenberg, M. (1965). *Society and the Adolescent Self-Image*. Princeton University Press. <https://doi.org/10.1515/9781400876136>
- Rosyadi, L. N. (2022). *Hubungan Mother-Daughter Relationship dengan Self-Esteem Mahasiswi Angkatan 2018 Fakultas Kedokteran Universitas Jenderal Soedirman*. Universitas Jenderal Soedirman.
- Santrock, J. W. (2011). *Life-span development*. University of Texas at Dallas.
- Tan, R., Yang, Y., Huang, T., Lin, X., & Gao, H. (2023). [Parent-child attachment and mental health in young adolescents: a moderated mediation analysis](#). *Frontiers in Psychology*, *14*. <https://doi.org/10.3389/fpsyg.2023.1298485>

Gayatri Anindya Prasanti, Dewi Ariani, Afniari Maharani, Diadjeng Setya Wardani/KESANS

**Mother-Daughter Relationship and Self-Esteem Levels in Undergraduate Midwifery Students at Brawijaya University**

Tang, Y., Novin, S., Lin, X., Becht, A., & Thomaes, S. (2024). [Parental psychological control and children's self-esteem: A longitudinal investigation in children with and without oppositional defiant problems](https://doi.org/10.1186/s13034-024-00740-0). *Child and Adolescent Psychiatry and Mental Health*, 18(1), 50. <https://doi.org/10.1186/s13034-024-00740-0>