

THE RELATIONSHIP BETWEEN AUTHORITARIAN PARENTING AND STRESS LEVELS AMONG INDONESIAN ADOLESCENTS: A CROSS-SECTIONAL STUDY
Hubungan Pola Asuh Otoriter dengan Tingkat Stres pada Remaja di Indonesia: Studi Cross-Sectional

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ABSTRACT

Background: Parenting is important for psychological development in adolescents. Each type of parenting has a different impact on the emotional and social development of children. Parents who implement authoritarian parenting will make children tend to be difficult to control and not confident in their decisions. **Purpose:** To determine the relationship between authoritarian parenting and stress levels in adolescents. **Method:** This study used quantitative research with a cross-sectional approach. The number of samples was 139 respondents using random sampling techniques. The research instrument used an authoritarian parenting questionnaire and a daily stress response scale (DSRS). The statistical test used in this study was the Spearman rank test. **Results:** A total of 80 (56.6%) respondents had an authoritarian parenting pattern with a moderate category and 76 (54.7%) respondents had a stress level with a moderate category. The Spearman rank correlation test produced a P value of 0.000 ($P < 0.05$) which means there was a significant relationship between authoritarian parenting and stress levels in adolescents. This means that the more authoritarian parenting was applied, the higher the level of stress experienced by adolescents. **Conclusion:** There is a significant relationship between authoritarian parenting and stress levels in adolescents with a positive relationship direction.

Keywords: authoritarian parenting, stress, adolescents

ABSTRAK

Latar Belakang: Pola asuh orang tua sangat penting terhadap perkembangan psikologis pada remaja. Setiap jenis pola asuh memiliki dampak yang berbeda-beda terhadap perkembangan emosional dan sosial anak. Orang tua yang menerapkan pola asuh otoriter akan membuat anak cenderung susah diatur dan tidak percaya diri atas keputusannya. **Tujuan:** Mengetahui hubungan pola asuh otoriter dengan tingkat stres pada remaja. **Metode:** Penelitian ini menggunakan penelitian kuantitatif dengan pendekatan cross sectional. Jumlah sample 139 responden dengan menggunakan teknik random sampling. Instrumen penelitian menggunakan kuesioner pola asuh otoriter dan daily stress response scale (DSRS). Uji statistik yang digunakan pada penelitian ini yaitu uji Spearman rank. **Hasil:** Sebanyak 80 (56,6%) responden memiliki pola asuh otoriter dengan kategori sedang dan 76 (54,7%) responden memiliki tingkat stres dengan kategori sedang. Uji korelasi spearman rank menghasilkan nilai $P 0,000$ ($P < 0,05$) yang berarti terdapat hubungan yang signifikan antara pola asuh otoriter dengan tingkat stres pada remaja. Hal ini berarti bahwa semakin pola asuh otoriter yang diterapkan, semakin tinggi tingkat stres yang dialami oleh remaja. **Kesimpulan:** Terdapat hubungan yang signifikan antara pola asuh otoriter dengan tingkat stres pada remaja dengan arah hubungan yang positif.

Kata Kunci: pola asuh otoriter, stres, remaja

INTRODUCTION

Mental health as a state of well-being in which individuals can realize their potential, cope with life's stresses, work productively, and contribute to the community. Adolescent mental health is a very important issue to pay attention to (Haryanti *et al.*, 2024). Global prevalence, an estimated one in seven children aged 10-19 years (around 14%) experience mental health disorders, but many of these disorders go undetected and do not receive adequate treatment. The prevalence of countries with the highest mental and behavioral disorders is India, around 4.5% adequate (World Health Organization, 2024).

Nationally, the prevalence of stress reached 71.6%. Based on data from the 2018 Basic Health Research (RISKESDAS), the number of Indonesians aged ≥ 15 years who experience emotional mental disorders or stress has increased to 7%. Gen Z group or the group born between 1997-2012 is prone to mental health disorders, especially stress. One of them is due to the social environment which tends to be negative (Kementerian Kesehatan Indonesia, 2023).

Adolescence is a transition period from childhood to adulthood. According to Hall, adolescence is a period considered as a period of "storm and stress" means people experience strong feelings and mood swings due to psychological factors (Santrock John, 2003). In this phase, adolescents also begin to find their identity and develop more complex social relationships, all of which can affect their mental and emotional development (Nurliza *et al.*, 2024).

During puberty, adolescents will experience several changes in themselves. Adolescents will experience stress during this period of change. As developing individuals, adolescents need to learn to make their own decisions, but they also have rights,

responsibilities and expectations that they must fulfill (Hidayanti *et al.*, 2023). Adolescents often feel pressured just to meet the expectations of others so that making them stressed (Nurliza *et al.*, 2024).

Parenting style is very important for children's psychological development. Parenting is the behavior of parents in educating children. Each type of parenting style has a different impact on the emotional and social development of children. Among the various styles of parenting, authoritarian parenting is often the center of attention because of its strict approach and high level of control over children. According to (Santrock John, 2003), authoritarian parenting is a restrictive and punitive parenting style. The parents force children to follow their directions and appreciate their work and efforts. Adolescents are very susceptible to stress due to several factors, one of which is the strict parenting style of parents who demand children to be what they want. The impact of the authoritarian parenting style according to (Ilham, 2022) is low academic ability, fear of making decisions, difficult to manage, children become fearful and insecure, like to talk to themselves, like to linger when outside the house.

When someone faces stress due to problems in their life, they need the presence of others to share their complaints, and may even need help, both material and physical. Lack of attention and high levels of negative influence on children are risk factors for children's emotional development (Felver *et al.*, 2017). Adolescents need social support and emotional intelligence to manage their stress into an adaptive response and not drag on (Fitriyani & Mustikasari, 2023). The social environment can be a source of stress, but social support is also important to help manage that stress.

Based on the examination of (Li *et al.*, 2023)'s entitled "The relationship between harsh parenting and adolescent depression", the study showed that harsh parenting had a positive impact on adolescent depression. However, although many studies have examined the effects of harsh parenting on various psychological problems in adolescents, there have been no publications that specifically explore its impact on stress in more depth. Hence, researchers examined authoritarian parenting patterns with stress levels in adolescents.

METHOD

Type of research

This study used a quantitative research approach with a cross-sectional method with a correlational research design. This study aimed to determine the relationship between authoritarian parenting style and stress levels in adolescents

Location and time of the study

The location of the study was conducted at SMA (Senior High School) Pasundan 3 Cimahi, located at Encep Kartawiria Street, No. 97A, Citeureup, North Cimahi, Cimahi City, West Java, Indonesia.

Population, Sample, and Sampling Technique

The population of this study was 214 11th grade students of SMA Pasundan 3 Cimahi. The sampling technique used was random sampling with a systematic random sampling method. The number of samples in this study was 139 respondents.

Research Variable

The variables in this study are authoritarian parenting as an independent variable (X) and stress level as a dependent variable (Y).

Measurement Tool/Instrument

The instrument used in this study is an authoritarian parenting questionnaire totaling 10 items and DSRS (daily stress response scale) totaling 30 items (Debowska *et al.*, 2022). The authoritarian parenting questionnaire with the result value of r table 0.361 and the lowest r count is 0.404 and the highest r count is 0.789, so it is declared valid. The Cronbach alpha value is 0.789. So, it can be concluded that the 10-item authoritarian parenting questionnaire is valid and reliable. The data in this study were obtained by filling out the questionnaire independently. The daily stress response scale (DSRS) questionnaire totaling 30 items, which assessed psychological (15 items) and physiological (15 items) reactions to stress, was tested by (Debowska *et al.*, 2022) in Poland. The results showed Cronbach's coefficient values for psychological and physiological stress responses were 0.95 and 0.91 respectively, indicating excellent reliability on both subscales. For each statement, respondents were asked to indicate on a 5-point Likert scale (0 - never, 1 - rarely, 2 - sometimes, 3 - often, 4 - very often) the extent to which it applied to them over the past 24 hours.

Data Analysis

Data analysis in this study was correlational analysis. The statistical test used was Spearman rank correlation test which aims to determine the relationship between authoritarian parenting and stress levels in adolescents in 3rd grade Pasundan 3 Cimahi High School. The authoritarian parenting questionnaire was measured using a Likert scale with answers (1 - strongly disagree, 2 - disagree, 3 - neutral, 4 - often, 5 - very often) with the results of measuring low categories worth 10-23, moderate 24-36, and severe 37-50. The daily stress response scale (DSRS) questionnaire was measured using a Likert scale with answers (0 - never, 1 - rarely, 2 -

sometimes, 3 - often, 4 - very often) with the results of measuring the categories of mild 1-40, moderate 41-80, and severe 81-120.

Data Validity Test

The instruments used in this study included the Daily Stress Response Scale (DSRS) to measure stress levels, which has been shown to have adequate validity and reliability. The questionnaire regarding authoritarian parenting consists of 10 questions, which have been tested for validity on 30 respondents. Based on the calculation, the r table value used was 0.361, with a range of r values varying from 0.404 to 0.790. This validity test shows that all items in the questionnaire have a significant level of validity. Also, the results of the reliability statistical test of the authoritarian parenting questionnaire obtained a Cronbach's Alpha

value of 0.789 so that statistically the authoritarian parenting questionnaire is declared reliable.

Informed Consent

In this study, informed consent ensures that research participants are provided with clear and complete information about the purpose, procedures, risks, and benefits of the study, so that they can give voluntary consent, and that participant data is kept confidential and used only for research purposes.

Ethical Clearance

This study obtained ethical approval from the Research Ethics Committee of the Rajawali Institute of Health with the license number of 430/IKR/FKEP/II/2025.

RESULT

Table 1. The Frequency Distribution of Respondent Characteristics

Respondent Characters	Frequency (N)	Percentage (%)
Age		
16	72	51,8%
17	64	46,0%
18	3	2,2%
Total	139	100%
Gender		
Male	61	43,9%
Female	78	56,1%
Total	139	100%
Major		
Natural Science	81	58,3%
Social Science	58	41,7%
Total	139	100%

Table 1 shows the demographic distribution of respondents based on age, gender, and major. The analysis shows that the majority of respondents are 16 years old. In addition, there is a dominance of female gender as the majority group in this research

sample. In terms of majors, the majority of respondents came from Natural Science majors. This data provides an overview of the demographic characteristics of the respondents that play an important role in further analysis.

Table 2. Overview of Authoritarian Parenting in 11th grade of Pasundan 3 Cimahi High School

Authoritarian Parenting	Frequency (N)	Percentage (%)
Mild	40	28,8%
Moderate	80	57,6%
Severe	19	13,7%
Total	139	100%

Table 2 found most of the authoritarian parenting in the moderate category, as many as 80 (57.6%) respondents. Those with mild authoritarian parenting were

40 (28.8%) respondents and those with high authoritarian parenting were 19 (13.7%) respondents.

Table 3. Overview of Stress Level of Grade 11 Pasundan 3 Cimahi High School

Stress Level	Frequency (N)	Percentage (%)
Mild	39	28,1%
Moderate	76	54,7%
Severe	24	17,3%
Total	139	100%

Table 3 found that the most stress levels were in the moderate category, as many as 76 (54.7%) respondents, 39

respondents had mild stress levels, and 24 respondents had severe stress levels.

Table 4. The relationship between the relationship between authoritarian parenting and stress levels in 11th grade adolescents of Pasundan 3 Cimahi High School and stress levels in 11th grade adolescents of Pasundan 3 Cimahi High School

Authoritarian Parenting	Stress Level			Total N (%)	P Value
	Mild N (%)	Moderate N (%)	Severe N (%)		
Mild	24 (60,0%)	14 (35,0%)	2 (5,0%)	100%	0,000
Moderate	14 (17,5%)	59 (73,8%)	7 (8,8%)		
Severe	1 (5,3%)	3 (15,8%)	15 (78,9%)		

Spearman Rank Test

Table 4 showed the results of the spearman rank test with a P-value of 0.000, which means that there is a significant relationship between authoritarian parenting and stress levels in 11th grade adolescents of Pasundan 3 Cimahi High School.

DISCUSSION

This study found a significant relationship between authoritarian parenting and stress levels in adolescents. The direction

of the relationship found shows that the more authoritarian the parenting is, the higher the level of stress experienced by adolescents. This shows that strict control and poor communication between children and parents can increase children's psychological and emotional distress, leading to greater stress.

In line with research conducted by (Li *et al.*, 2023) with the title "The relationship between harsh parenting and adolescent depression". The results of the study showed

that harsh parenting had a positive impact on adolescent depression. However, it is not in line with research conducted by Irsanin (2024) with the results of the higher the authoritarian parenting in parents, the lower the mental health parenting experienced by adolescents. Parents employing authoritarian parenting styles demonstrated a propensity for unilateral communication patterns and typically made decisions without soliciting or considering their children's input. This approach might engender feelings of undervaluation in children and restrict their opportunities for self-expression.

Authoritarian parenting style emphasized the implementation of strict discipline and obligatory compliance with rules, leaving children with limited capacity for avoidance. Parental child-rearing practices played a pivotal role in shaping children's personality development and influencing their subsequent social interactions within society (Akbar & Fatah, 2022). Most respondents (aged 16-17 years) belonged to the middle adolescence developmental group, which represented the most significant phase of growth and maturation during adolescent development. (Nurliza *et al.*, 2024).

Adolescence constituted a transitional developmental period characterized by significant physical, emotional, social, and cognitive transformations. Stress represented a perceived psychological pressure resulting from a discrepancy between an individual's expectations and their experienced reality (Dafiq *et al.*, 2023). When parents-imposed expectations aligned primarily with their own aspirations rather than their adolescent's developmental needs, youth frequently experienced substantial pressure that may precipitate stress responses.

Adolescents subjected to authoritarian parenting styles demonstrated elevated anxiety levels and diminished self-

confidence (Baumrind, 1991). Empirical findings by Ilham (2022) indicated that authoritarian child-rearing practices yield significant negative outcomes, including impaired academic performance, decision-making difficulties, behavioral noncompliance, timidity, low self-esteem, verbal self-stimulation behaviors, and prolonged absenteeism from the home environment.

Adolescent stress determinants comprised two primary factors: external and internal. Among external factors, parental rearing patterns constitute a significant contributor. The present study's Spearman rank correlation analysis yielded a statistically significant association between authoritarian parenting styles and adolescent stress levels ($p = 0.000$). The identified positive correlation indicated a dose-response relationship, wherein increasing authoritarian parenting practices corresponded with elevated stress manifestations among adolescents.

Optimal parenting practiced yield positive psychological developmental outcomes for adolescents. Parents should cultivate active listening skills and provide opportunities for young people to develop according to their aspirations. Parental support serves as a motivational factor, enhancing adolescents' enthusiasm in pursuing their desired achievements.

The primary strength of this study lies in its high relevance to current social conditions, particularly regarding the influence of parenting styles on adolescent mental development. Adolescent stress levels significantly impact multiple life domains, including academic performance, social relationships, and long-term mental health. This research provided valuable insights for developing more effective interventions targeting parents, educators, and healthcare professionals. However, this study had

several limitations. First, it did not fully capture the complex relationships between parenting styles, socioeconomic status, and parental education levels. Although these factors were believed to interact dynamically, their relationships are not necessarily linear and may be influenced by external variables that are difficult to quantify. Parenting approaches are often associated with socioeconomic status and parental education, but these dynamics may vary across individuals depending on sociocultural contexts. Therefore, future research should adopt a more comprehensive approach that accounts for additional confounding variables to better understand the relationships between these factors.

CONCLUSION AND SUGGESTION

The study revealed that a majority of adolescents experience authoritarian parenting, with 80 respondents (57.6%) exhibiting moderate levels of authoritarian parenting characteristics. Additionally, 76 respondents (54.7%) from 11th-grade students at Pasundan 3 Cimahi Senior High School demonstrated moderate stress levels. A statistically significant correlation was identified between authoritarian parenting styles and adolescent stress levels, as evidenced by a p-value of 0.000 in the hypothesis testing using Spearman's rank correlation analysis. The direction of the relationship indicates a positive correlation, whereby increased authoritarian parenting practices correlate with elevated stress levels among adolescents.

It is recommended that schools establish open and constructive communication with parents regarding the importance of healthy parenting practices. Additionally, schools should provide individual or group counseling services for students experiencing stress due to authoritarian parenting. Furthermore, health

departments are encouraged to organize interactive workshops that engage parents in simulations and group discussions. These workshops can help parents experience the impact of authoritarian parenting, develop effective communication skills, and receive support, thereby facilitating meaningful behavioral change. For future researchers, it is advisable to utilize homogeneous sampling by selecting participants with similar parenting style characteristics to yield more relevant findings and ensure greater accuracy in result interpretation.

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AUTHOR CONTRIBUTION

The author, Fira Mutiara, is responsible for designing, conducting, and analyzing research, as well as compiling the research report. The author, Lisbet Octovia Manalu, serves as the research supervisor,

guiding the research process and providing direction for this study.

CONFLICT OF INTEREST

The author declares that there are no conflicts of interest in this research. The study was conducted independently and objectively, without any interference from external parties that could affect the results or conclusions.

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