

## **ASSOCIATION BETWEEN PARENTING STYLES AND PSYCHOLOGICAL WELL BEING OF ADOLESCENTS AT SMK SANDIKTA, BEKASI CITY**

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### **ABSTRACT**

#### **Introduction**

Psychological well-being is one of the forms of well-being that is important for the development stage of adolescents. The well-being felt by adolescents makes adolescents have positive emotions and can foster a sense of life satisfaction and happiness so as to reduce negative behavior. The way parents educate children has a great influence on children's development. Positive parenting from parents can improve adolescent psychological well-being.

#### **Method**

Quantitative with a descriptive correlation research design, with a population of 178 student SANDIKTA, samples were taken using probability sampling of 81 respondents. The analysis used univariate and bivariate.

#### **Result**

The results of the parenting research that were most applied by parents to adolescents were democratic parenting from 48 respondents (59.3%). And high psychological well-being as many as 36 respondents were present (44.4%). The p-value was 0.001 and the Cmax result was 61.1%.

#### **Conclusion**

there is a relationship between parental parenting and the psychological well-being of 11th grade adolescents at SMK Sandikta, Bekasi City. Suggestions for parents should be cooperation with teachers at school about parental parenting styles that should be implemented, to provide guidance to parents.

## INTRODUCTION

Adolescence is often a major focus of attention because its distinctive roles and characteristics significantly shape an individual's life in adulthood. The World Health Organization (WHO) defines adolescents as individuals aged 10 to 19 years, and adolescence is commonly understood as a transitional period from childhood to adulthood, characterized by physical, mental, emotional, and social development. This developmental stage influences how adolescents feel, think, make decisions, and interact with their surrounding environment. New information obtained from their environment, including family, peers, and the broader community, is often explored and tested by adolescents during their process of identity formation (Meilani and Tobing, 2023)

Psychological well-being is one of the most important aspects of well-being during adolescent development. Adolescents who experience psychological well-being tend to have more positive emotions and greater life satisfaction and happiness, which in turn may reduce negative behavior and decrease feelings of depression. During adolescence, individuals face numerous challenges and are often exposed to various pressures (Deviana, Umari, and Khadijah, 2023). According to Ryff, psychological well-being refers to an individual's capacity to live happily by drawing meaning from past experiences and evaluating those experiences as valuable and worthy of pride (Purba *et al.*, 2021).

Parenting practices have a substantial influence on child and adolescent development. Commonly recognized parenting styles include authoritarian, permissive, and authoritative (Indrawati and Muthmainah, 2022). Parenting patterns that provide insufficient boundaries may also negatively affect a child's development. Positive parenting practices can enhance adolescent well-being, whereas negative parenting practices may lower adolescents' well-being. Parents are therefore expected to adopt an authoritative parenting style by providing guidance that supports individuals in developing into positive and responsible persons. When parents fail to ensure the fulfillment of basic needs, such as food,

shelter, and clothing, or do not provide protection, love, and affection, an individual's level of satisfaction tends to decline. Low individual satisfaction may substantially affect that person's psychological well-being (Gul, Khan, and Niwaz, 2021).

Based on a preliminary study conducted among 11th-grade students at SMK Sandikta, Bekasi City, regarding psychological well-being involving 10 students, interview results showed that 5 out of 10 respondents reported feeling sad, upset, and less happy with their lives. When facing problems, they tended to cope by isolating themselves, smoking, running away from home, and participating in illegal street racing. After a more in-depth approach was undertaken, they reported feeling less happy despite living with their families and feeling lonely because their parents were overly restrictive, even in relation to simply spending time with friends.

Based on the description of the phenomenon above, the authors are interested in conducting research on "Association Between Parenting Styles And Psychological Well Being Of Adolescents At Smk Sandikta, Bekasi City".

## METHOD

This study is a quantitative study with a descriptive correlative design and a cross-sectional approach. The study population involved student SMK Sandikta, totaling 178 people. The sample used was 81 student selected using the probability sampling technique through proportional random sampling. The instruments used for data collection were two questionnaires as primary data. The questionnaire used was Ryff Psychological Well Being, and the parenting style. Data analysis included univariate analysis to determine the frequency distribution of Psychological Well Being and parenting style, as well as bivariate analysis to identify the relationship between the independent variable (parenting style) and the dependent variable (Psychological Well Being). The statistical test used was chi square.

**RESULT**

Table 1. Respondents parenting style

Knowledge	Frequency	%
Democratic	48	59.3 %
authoritarian	25	30.8 %
permissive	8	9.9 %
<b>Total</b>	<b>81</b>	<b>100.0</b>

Table 1 shows that of the 81 respondents, 48 (59.3%) had democratic parenting styles, which was the most common parenting style among 11th grade students at SMK Sandikta in Bekasi City.

Table 2. Respondents Psychological Well Being

Knowledge	Frequency	%
High	36	44.4 %
Moderate	24	29.6 %
Low	21	25.9%
<b>Total</b>	<b>81</b>	<b>100.0</b>

Based on the data in Table 2 above, it is explained that out of 81 students who were respondents, 36 students had high psychological well-being (44.4%), 24 students had moderate psychological well-being (29.6%), and 21 students had low psychological well-being (25.9%) .

Table 3. Bivariate analysis

Parenting style	Psychological Well-Being		
	High	Moderate	Low
Democratic	27 33.3 %	16 19.8%	5 6,2 %
Authoritarian	8 9.9%	4 4.9%	13 16.0%
Permissive	1 1.2%	4 4.9%	3 3.7%
<b>Total</b>	<b>36 44.4%</b>	<b>24 29.6%</b>	<b>21 25.9%</b>

P Value 0,001

Based on Table 3, the results of the analysis of the relationship between parenting styles and psychological well-being in 11th grade students at SMK Sandikta in Bekasi City are as follows:

- a. Democratic parenting styles with high psychological well-being were found in 27 (33.3%) respondents, moderate psychological well-being in 16 (19.8%) respondents, and low psychological well-being in 5 (6.2%) respondents.

- b. Authoritarian parenting styles with high psychological well-being were found in 8 (9.9%) respondents, moderate psychological well-being in 4 (4.9%) respondents, and low psychological well-being in 13 (16.0%) respondents.
- c. Permissive parenting style with high psychological well-being was found in 1 (1.2%) respondent, moderate psychological well-being was found in 4 (4.9%) respondents, and low psychological well-being was found in 3 (3.7%) respondents.

Based on Table 5.3 above, the Pearson chi-square value  $Asymp.Sig (2sided) = 0.001 < \alpha = 5\%$ , so hypothesis H0 is rejected and H1 is accepted.

**DISCUSSION**

**Parenting Style**

Based on Table 1, the results of the study conducted by the author showed that the general description of parenting styles at SMK Sandikta, Bekasi City, among 81 respondents, indicated that 48 respondents (59.3%) experienced democratic parenting. This finding is in line with the study by Nursyhabudin et al. (2021), conducted at SMA Al-Azhar 3 Bandar Lampung, which found that the majority of respondents experienced democratic parenting, totaling 113 respondents (64.2%). Similarly, the study by Mardhiah and Karim (2022) stated that nearly half (46.7%) of respondents had democratic parenting styles.

In this study, the parenting style most commonly applied by parents to adolescents was democratic parenting, in which parents provide freedom to their children while still setting boundaries so that the children remain within established rules (Azzahra et al. 2022).. Adolescents who are raised with democratic parenting tend to develop closeness with their parents, which makes them more open in discussing the problems they are facing. Parents attempt to guide their children rationally, focus on the problems encountered, and value reciprocal communication, so that when problems arise, children are able to discuss them with their parents.

Based on the research findings, the most common parenting style experienced by respondents was democratic parenting. Democratic parenting itself refers to a parenting style that encourages adolescents to be independent while still providing boundaries and control over their behavior (Reza et al. 2022).

### Psychological Well Being

Based on the results of this study conducted among adolescents at SMK Sandikta, Bekasi City, it was found that out of 81 respondents, 36 respondents (44.4%) had high psychological well-being, 24 respondents (29.6%) had moderate psychological well-being, and 21 respondents (25.9%) had low psychological well-being.

Adolescents psychological well-being may also be influenced by various factors, including the role of parents and parenting styles within the family. Schultz further defines psychological well-being as an individual's positive functioning, in which positive functioning reflects the direction and goals that a healthy individual strives to achieve (Salshabella, 2024). This is also supported by the study conducted by Farradina (2020), which stated that the presence of parents, as a key factor in closeness for individuals, especially adolescents, and the development of quality two-way communication between mothers and adolescents, can help improve adolescents' psychological well-being. The study by Kuppens and Ceulemans (2021) also reinforces Farradina's findings by emphasizing that parenting may be influenced by adolescents' personality characteristics, and that positive parenting is more effective in improving psychological well-being.

Therefore, it can be underlined that parenting styles may influence psychological well-being in different ways. Parenting that is supportive, communicative, and provides clear boundaries tends to be associated with better psychological well-being among adolescents, whereas parenting that is less supportive or overly authoritarian may have a negative impact on adolescents' psychological condition.

### Relationship Between Parenting Style and Adolescents Psychological Well-Being

This study aimed to examine the relationship between parenting style and psychological well-being among 11th-grade adolescents at SMK Sandikta, Bekasi City. Based on Table 5.4, the Pearson chi-square test showed an Asymp. Sig. (2-sided) value of 0.001, which was lower than the significance level of 5% ( $p < 0.05$ ). Therefore,  $H_0$  was rejected and  $H_1$  was accepted. The comparison between  $C_{max}$  yielded a value of 0.611 (61.1%), indicating a positive relationship with a moderate level of association. According to Sugiyono's interpretation of correlation coefficients, an interval coefficient of 0.600–0.799 indicates a strong level of relationship. Therefore, it can be concluded that there was a relationship between parenting style and psychological well-being among 11th-grade adolescents at SMK Sandikta, Bekasi City.

The results of this study are consistent with the findings of Mubarok (2020), whose analysis showed a value of  $r = 0.201$  and  $p = 0.035$  ( $p < 0.05$ ), indicating a positive relationship between parenting style and psychological well-being. The parenting style most strongly associated with psychological well-being was democratic parenting, with a significance value of  $p = 0.001$  ( $p < 0.05$ ) and a correlation coefficient of  $r = 0.329$ . This finding indicates that the parenting style applied by parents influences adolescents' psychological well-being. These findings are also in line with a more recent study by Siagian et al. (2023), which involved 154 adolescents at SMA Global Prima in Medan and found a linear relationship between democratic parenting style and psychological well-being, with a Pearson coefficient of 0.466 and  $p = 0.000$ .

This study showed that students who had high and moderate levels of psychological well-being under democratic parenting accounted for 33.3% and 19.8%, respectively. This is consistent with the findings of Mardiah et al. (2022), who stated that adolescents receiving democratic parenting showed no indication of mental-emotional problems. Democratic parenting provides space for children to express their opinions,

suggestions, and wishes because parents essentially prioritize their children's interests. Parents demonstrate acceptance while maintaining a high level of control, respond to the child's needs, encourage children to express their opinions, explain what is good and bad, and give children the freedom to choose and act. Adolescents raised with democratic parenting tend to become more self-confident, cheerful, and achievement-oriented. Therefore, democratic parenting should be maintained so that adolescents can avoid poor psychological well-being, which may ultimately affect their mental health.

The results of this study also showed that low psychological well-being was found in adolescents who experienced authoritarian parenting (16.0%). Parents with this parenting style tend to have high control and low acceptance. Authoritarian parents are generally inconsistent, less nurturing, less accepting of children's autonomy or freedom, less responsive, and less supportive, and they often use harsh discipline and punishment. Although authoritarian parenting may have the advantage of making children obedient to their parents, one of its disadvantages is that children may become less confident and less free to express themselves, making it difficult for them to voice their opinions and communicate with others (Yulianti et al., 2023).

## CONCLUSION

Based on the findings of the study conducted among 81 11<sup>th</sup>-grade adolescents at SMK Sandikta, Bekasi City, the majority of respondents were raised under a democratic parenting style, accounting for 48 respondents (59.3%). Most respondents demonstrated a high level of psychological well-being, as indicated by 36 respondents (44.4%). The statistical analysis revealed a significant relationship between parenting style and adolescents' psychological well-being, with a continuity correction value of  $p = 0.001$  and a contingency coefficient of 61.1%.

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