

## THE RELATIONSHIP BETWEEN AUTHORITARIAN PARENTING AND PSYCHOLOGICAL WELL BEING OF LATE ADOLESCENTS

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### ABSTRACT

*Psychological well-being is a condition where individuals can achieve their psychological functions optimally because of the things they have experienced in life. How parenting is applied by parents is certainly part of adolescents' life experiences. The main objective in this study is to determine whether there is a relationship between maternal authoritarian parenting and paternal authoritarian parenting on psychological well being of late adolescents. The population in this study were late adolescents aged 18-21 years who were active undergraduate students and felt the application of parental parenting as many as 140 people. This study uses a quantitative approach with non-probability sampling techniques and convenience techniques. Data were collected using psychological well-being and parenting questionnaire instruments based on Baumrind's theory. The assumption test used is the chi-square test with the help of the SPSS 25.0 for windows program. The results of the data analysis used were non-parametric, namely the chi-square test which obtained a significance value of maternal parenting of  $p = 0.101$  ( $p > 0.05$ ) and paternal parenting of  $p = 0.023$  ( $p < 0.05$ ). This means that there is a significant relationship between father's parenting and psychological well-being of late adolescents and there is no significant relationship between mother's parenting and psychological well-being of late adolescents.*

**Keywords:** authoritarian parenting, late adolescence, psychological well-being

### 1. PREFACE

According to Santrock (2007), adolescence is a transitional developmental period between childhood and adulthood that includes biological, cognitive, and social-emotional changes. During this transition period, there are certainly many problems and challenges that will be faced by adolescents, such as identity crisis, educational pressure, and problems with friends or family. Therefore, it is very important to maintain adolescents' psychological well-being, optimism, and self-efficacy during this period because it will have an impact on the development of adolescents in the future.

Psychological well-being according to Ryff and Singer (1996) is where a person can accept their weaknesses and strengths, have positive relationships with others, be able to make decisions and regulate their own behavior, be able to create a suitable environment to meet their needs, have purpose and meaning in their life, and the willingness to develop their potential to continue to grow. Based on this understanding, one of the efforts to maintain the psychological well-being of

late adolescents is through one aspect of psychological well being itself, namely building positive relationships with others, starting from the smallest scope, namely the family by applying good parenting. Parenting itself according to Santrock (2007), is a way or method of parenting used by parents to educate their children to become socially mature individuals. Parenting itself is divided into several types, such as authoritarian parenting, democratic parenting, permissive parenting, and neglectful parenting. In Indonesia itself, there are 37% of parents who apply authoritarian parenting to children, 49% democratic parenting, 5% permissive parenting, and 9% neglectful parenting (Listyaningsih, et al., 2019). Through this data, it can be seen that there are many variations in the application of parenting patterns towards children which certainly have an impact on children's psychological well-being, especially late adolescents.

The most effective type of parenting that can be applied to children is democratic parenting, but in reality based on data (Listyaningsih, et al., 2019) it is evident that the percentage of parents who apply authoritarian parenting is still quite dominant. Children who are raised with authoritarian parenting themselves tend to become individuals who depend on others and do not have a strong stance. Authoritarian parenting itself is one of the three parenting patterns proposed by Baumrind (1967). It is characterized as suppressive, restrictive, and punitive parenting (Mussen, 1983). Parents with this parenting style impose a lot of strict rules and expect their children to obey them, freedom to act on their own behalf is restricted. The relationship between parents and adolescents is described as one of command and acceptance with little further communication between parents and children (Seejo & K.G, 2023). Santrock (1990) also states that adolescents who receive this parenting tend to be anxious and compare themselves, fail to initiate activities, and have ineffective social interactions.

Psychological well-being itself consists of several dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental control, life goals, and personal growth (Ryff & Singer, 1996). These six dimensions can certainly develop in individuals. The level of development of each dimension in an individual can be influenced by several external factors, one of which is family parenting (Chyntia, 2016). This shows that authoritarian parenting will also have an impact on the development of one of the dimensions, namely self-acceptance, to realize a low level of psychological well-being of late adolescents.

Based on the discussion above, the researcher wants to conduct a study on "The Relationship between Authoritarian Parenting and Psychological Well-Being of Late Adolescents" to find a significant relationship between authoritarian parenting patterns applied by parents to psychological well-being of late adolescents. Based on the explanation in the background, it can be formulated that the problem of this study is whether there is a relationship between authoritarian parenting and psychological well-being of late adolescents.

## **2. RESEARCH METHOD**

The participants in this study were active undergraduate students aged 18-21 years old and experienced the application of parental parenting. Respondents obtained in this study as a whole were 140 respondents, the respondents we used were respondents with parents who applied authoritarian parenting of 39 respondents. The sampling technique used is *non probability sampling* and *convenience* technique.

The researcher used a quantitative and non-experimental research design. This study measures the variables of maternal authoritarian parenting, paternal authoritarian parenting, and

psychological well-being. The variable of authoritarian parenting from both mother and father becomes the independent variable and psychological well-being becomes the dependent variable.

Measurement of authoritarian parenting variables using a psychological well being and parenting questionnaire instrument designed by Wijaya et al., (2014) by assessing each item with a Likert scale (1) Never, (2) Rarely, (3) Sometimes, (4) Often, (5) Always. Items in the measuring instrument include favorable items and unfavorable items.

Measurement of psychological well-being variables using a questionnaire measuring instrument consisting of 31 items. Contains 6 dimensions including the dimensions of autonomy, environment, mastery, personal growth, positive relations with others, purpose in life, and self-acceptance which are measured by assessing each item on a Likert scale (1) Strongly Disagree, (2) Disagree, (3) Neutral, (4) Agree, (5) Strongly Agree. Items in the measuring instrument include favorable items and unfavorable items. .

The research began by obtaining measuring instruments for authoritarian parenting and psychological well-being. Researchers then collected respondents by distributing questionnaire links made through google form media. The data from the research were then processed and analyzed using the help of the SPSS 25 statistical data processing application. The data processing carried out was a normality test, correlation test, and a difference test based on gender demographics. The first step taken is a normality test to see if the distribution of psychological well- being variable data is normally distributed or not and determine the use of parametric or non- parametric statistical techniques. Next, a correlation test was conducted to see the relationship between the variables of maternal authoritarian parenting and paternal authoritarian parenting on psychological well-being of late adolescents. Finally, a t-test was conducted to see the difference between psychological well-being in female and male late adolescents.

### 3. RESULT AND DISCUSSION

Data normality testing was carried out with Kolmogorov-Smirnov on psychological well being variables and the test results showed a significant value of  $p=0.200$  ( $p>0.05$ ), so it can be seen that the distribution is normal.

Testing of authoritarian parenting from mothers and fathers was carried out using non-parametric statistical techniques. The test uses the Chi Square technique test to determine the correlation between the authoritarian mother's and the authoritarian father's parenting variable with the psychological well-being variable of late adolescents.

**Table 1**

*Results of the Chi-Square Psychological Well-Being Test for Late Adolescents with Parenting Patterns*

Parenting Pattern and PWB	p	Pearson Chi-square	df	Result
Parenting (father)	0.023	14.689	6	Significant relationship
Parenting (mother)	0.101	10.618	6	Not significant relationship

The results of the chi-square statistical test contained in table 1 can be explained that the father's parenting style and Psychological Well-Being have a significant relationship with  $p\ 0.023$  ( $p < 0.05$ ). Meanwhile, mother's parenting style and Psychological Well-Being showed no significant relationship,  $p$  value  $0.101$  ( $p > 0.05$ ).

**Table 2**

*Test Results of well-being levels of late adolescents with authoritarian mothers*

<b>Mother's Authoritarian Parenting</b>			
PWB Grouping	Low	6	4.3%
	Medium	10	7.1%
	High	1	0.7%

The results of tests conducted on 39 respondents with parents who applied authoritarian parenting, found that 17 subjects out of a total of 39 had mothers with authoritarian parenting. Through the test results conducted, it was found that there were 4.3% of Late Adolescents who had low Psychological Well-Being. Then there are 7.1% of Late Adolescents who have moderate Psychological Well -Being, and 0.7% of Late Adolescents who have high Psychological Well-Being . These three levels are impacted by the mother's authoritarian parenting. The highest percentage is shown by the group of late adolescents with moderate psychological well-being.

**Tabel 3**

*Test results of well-being levels of late adolescents with authoritarian fathers*

<b>Father's Authoritarian Parenting</b>			
PWB Grouping	Low	4	2.9%
	Medium	16	11.4%
	High	2	1.4%

The test results conducted on 22 subjects with fathers who apply authoritarian parenting Through the test results conducted, it was found that there were 2.9% of Late Adolescents who had low Psychological Well-Being. Then there are 11.4% of Late Adolescents who have moderate Psychological Well -Being, and 1.4% of Late Adolescents who have high Psychological Well-Being. These three levels are impacted by the authoritarian parenting of the father. The highest percentage is shown by the group of late adolescents with moderate psychological well-being.

On psychological well-being variables that are normally distributed, researchers conduct an Independent Sample T-Test test to determine the results of the difference test between the psychological well-being of females and males, and the data results show significant with a value of  $0.507 > 0.05$ , which means that the variable is homogeneous, with a value of  $p = 0.032$  ( $p < 0.05$ ). Based on the results of the study, it is shown that authoritarian parenting of fathers has a significant relationship with psychological well-being of late adolescents, while authoritarian parenting of mothers does not have a significant relationship with psychological well-being of late adolescents. These results also show that authoritarian parenting from both mothers and fathers produce late adolescents with psychological well-being levels that tend to be moderate-low (Tables 3 and 4). This supports Ryff's statement that if parents apply low levels of authoritarian parenting, then children's psychological well-being tends to be high (Ryff & Singer, 1996).

Several studies have shown that maternal parenting has a close relationship with the development of a child's character and personality. Maternal parenting plays a major role in a child's life, given the fact that one usually relates, plays, familiarizes, and chats with the mother (Forward, 2009). This statement contradicts the results of this study, where maternal parenting tends not to have a significant relationship with late adolescents' *psychological well-being* but rather paternal parenting. This supports Ryff and Singer (1996) statement that social contact and social activities, one of which is with the father, is one of the factors that affect psychological

well being. Ryff and Singer (1996) statement is supported by several other studies that prove that father's parenting has a significant relationship with *psychological well-being* of late adolescents because fathers take a role in child development, one of which is in emotional development which has a significant relationship to children's psychological well being (Pratiwi, 2018). This also applies to research conducted by Utami (2015) which states that there is a significant relationship between the application of father's parenting style and psychological well being of late adolescents.

These results also support the researcher's hypothesis that authoritarian parenting has a relationship with *psychological well-being* of late adolescents, although through research and data processing, the results show that the significance of the relationship between authoritarian parenting and *psychological well-being* of late adolescents is only found in father's authoritarian parenting, but the data results also prove that there is a relationship between authoritarian mother's parenting and *psychological well-being* of late adolescents, but it is not proven significant.

#### **4. CONCLUSIONS AND RECOMMENDATIONS**

Based on this research, this study concludes that there is a significant relationship between parenting patterns and psychological well-being of late adolescents in paternal authoritarian parenting and insignificant in maternal authoritarian parenting, and there is a significant difference between psychological well-being of late adolescents with female gender and male gender.

Research on the relationship between authoritarian parenting patterns and children's psychological well-being has been conducted by Ulfi (2021) which shows that there is a significant relationship between authoritarian parenting patterns and psychological well-being of late adolescents, this study also shows that the highest percentage of psychological well being of adolescents with authoritarian parenting is the moderate category. However, the results of this study do not explain the parenting of the father or mother, but only the parenting of the parents as a whole. The results of research conducted by Ulfi (2021) correspond to the results of the current study there are differences in the results of research from authoritarian maternal parenting because it does not have a significant relationship. Then, based on research conducted by Tahir and Jabeen (2022) which shows the results that there is a negative and significant relationship between authoritarian maternal parenting and authoritarian paternal parenting with *psychological well-being* of participants who are in the late adolescence and early adulthood age range. These negative and significant results indicate that the lower the level of application of authoritarian parenting in late adolescents and early adults, the higher the level of *psychological well-being* in individuals, and the higher the level of application of authoritarian parenting, the lower the level of *psychological well-being* of individuals.

Nevertheless, overall the two studies agree by stating that there is a significant relationship between authoritarian parenting and *psychological well being* of late adolescents and most late adolescents have *psychological well being* in the moderate and low categories when they have an authoritarian mother or father. *Psychological well-being* that tends to be moderate and low due to authoritarian parenting is based on Ryff's theory which can be concluded that when authoritarian parenting is lower, the child's *psychological well-being* will be higher, and vice versa. The results of this study prove that there is a significant relationship between father's parenting and adolescents' psychological well-being, this is contrary to several studies with the results that mother's parenting tends to be significant. In addition, this result also contradicts Hurlock and

Istiwidayanti (1992) statement that mothers take a large role in aspects of the child's self. However, this could be due to the small number of respondents obtained in this study.

This research also did not escape the shortcomings and limitations during the research process. The data collection process took a fairly short time, this resulted in a lack of respondents for research use. The references used are also limited because there are still few studies on the relationship between maternal parenting and paternal parenting on the psychological well-being of late adolescents. Suggestions for further research are to be carried out with a longer time so as to get a large number of subjects. For this study focused on authoritarian parenting, other studies can be done with four parenting patterns that might provide a different picture.

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