



# Influence of Authoritarian Parenting on Adolescent Psychology in Batam City: A Mixed-Methods Study

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## ABSTRACT

This research explores the influence of authoritarian parenting patterns on the psychology of adolescents in Batam City, Indonesia. Utilizing a mixed-methods approach, the study investigates the prevalence and characteristics of authoritarian parenting, its impact on adolescent mental health, behavior, and cognitive development, and the implications for promoting positive adolescent outcomes. Quantitative data were collected through parental questionnaires and adolescent surveys, while qualitative data were obtained through semi-structured interviews and parent-adolescent dyadic interviews. Descriptive statistics, thematic analyses, and qualitative excerpts were used to analyze the data. The findings reveal that authoritarian parenting is prevalent in Batam City, with significant effects on adolescent mental health and behavior. Adolescents raised in authoritarian households reported higher levels of anxiety, depression, and stress, as well as increased externalizing behaviors compared to their peers. While authoritarian parenting did not directly impact cognitive development, qualitative insights suggest indirect effects on autonomy and self-regulation. The practical implications of the study underscore the importance of promoting positive parenting practices, supporting adolescent well-being, and fostering collaboration among stakeholders to create nurturing environments that promote healthy adolescent development in Batam City and beyond.

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## Introduction

Parenting styles play a pivotal role in shaping the psychological development of adolescents, influencing their behaviors, attitudes, and overall well-being (Shucksmith et al., 1995). Among various parenting styles, authoritarian parenting stands out for its distinct characteristics marked by strict rules, high demands, and low responsiveness (Coplan et al., 2002).

Authoritarian parenting is characterized by high levels of control, strict discipline, and low levels of warmth and responsiveness from parents (Garcia et al., 2020). In authoritarian households, parents typically set strict rules and expectations for their children without much room for negotiation or explanation (Chao & Tseng, 2002). Compliance with parental directives is expected without question, and disobedience is met with harsh consequences, such as punishment or withdrawal of privileges (Teti

& Candelaria, 2002). Communication within authoritarian families tends to be one-way, with parents dictating instructions and children expected to comply without expressing their opinions or feelings.

Several key characteristics distinguish authoritarian parenting from other parenting styles. Firstly, authoritarian parents prioritize obedience and discipline above all else, often valuing compliance with rules over fostering independence or autonomy in their children. Secondly, these parents maintain a hierarchical relationship with their children, emphasizing parental authority and control while minimizing opportunities for open dialogue or negotiation (Bushin, 2013). Thirdly, authoritarian parenting lacks warmth and emotional support, with parents showing little affection or empathy towards their children's emotional needs. Instead, the focus is primarily on maintaining order and enforcing obedience (Batool & Mumtaz, 2015).

The consequences of authoritarian parenting on adolescent psychology are significant and multifaceted (Gray & Steinberg, 1999). Research has consistently shown that adolescents raised in authoritarian households are more likely to experience negative outcomes in terms of their emotional well-being, social relationships, and overall psychological adjustment. For example, adolescents raised in authoritarian families may exhibit higher levels of anxiety, depression, and stress due to the constant pressure to meet rigid parental expectations and fear of punishment for failure to comply. Additionally, these adolescents may struggle with low self-esteem and feelings of inadequacy, as their autonomy and individuality are often suppressed in favor of parental control (Zimmer-Gembeck & Collins, 2006).

Furthermore, authoritarian parenting can have detrimental effects on adolescents' social and emotional development (Chen et al., 1997). Adolescents raised in authoritarian households may have difficulty forming healthy, trusting relationships with others, as they may struggle to assert themselves or express their own opinions and preferences. They may also have limited problem-solving skills and coping mechanisms, as they have not been encouraged to develop autonomy or resilience in the face of challenges (Skinner & Pitzer, 2012).

Research has shown that authoritarian parenting can have both short-term and long-term effects on the psychological well-being of adolescents (Garcia & Serra, 2019). In the short term, adolescents raised in authoritarian households may exhibit higher levels of anxiety, depression, and stress due to the constant pressure to meet unrealistic standards set by their parents. They may also struggle with self-esteem issues, feeling inadequate or incompetent compared to their peers (Harter, 1993).

Furthermore, authoritarian parenting has been linked to difficulties in social and emotional development. Adolescents raised in such environments may have trouble forming close, trusting relationships with others, as they may fear judgment or rejection. They may also struggle with autonomy and decision-making, lacking the confidence to assert their own opinions and preferences (Mann et al., 1989).

Batam City, located in Indonesia, presents a unique cultural context for examining the influence of authoritarian parenting on adolescent psychology (Riany, Cuskelly, et al., 2017). As a rapidly developing urban center with a diverse population, Batam City experiences the intersection of traditional values and modern influences (Suhartini & Jones, 2019). While Indonesian culture traditionally emphasizes respect for authority and obedience to parents, the influx of Western ideals and globalization has led to shifts in parenting practices and family dynamics.

In Batam City, authoritarian parenting may manifest differently compared to Western contexts, reflecting cultural norms and societal expectations (Gerke, 2002). Factors such as socioeconomic status, educational attainment, and religious beliefs may also influence parenting styles and parental attitudes towards child-rearing (Alwin & Felson, 2010). Understanding these cultural nuances is essential for exploring the impact of authoritarian parenting on adolescent psychology in Batam City.

Authoritarian parenting, characterized by strict discipline, high control, and low warmth, has garnered considerable attention in research due to its profound impact on various aspects of adolescent development, including mental health, behavior, and cognitive development.

Numerous studies have examined the relationship between authoritarian parenting and adolescents' mental health outcomes. Research by Soenens and Vansteenkiste (2010) found that adolescents raised in authoritarian households exhibit higher levels of anxiety, depression, and stress compared to those raised in authoritative or permissive environments. Similarly, Steinberg et al. (1994) reported that authoritarian parenting is associated with increased internalizing symptoms, such as feelings of sadness and loneliness, among adolescents. These findings highlight the detrimental effects of authoritarian parenting on adolescents' mental well-being, underscoring the importance of nurturing and supportive parenting practices for promoting positive mental health outcomes (Biglan et al., 2012).

Authoritarian parenting has been linked to various behavioral outcomes in adolescents, including aggression, defiance, and conduct problems (Hancock Hoskins, 2014). Research by Lamborn et al. (1991) found that adolescents from authoritarian families are more likely to exhibit externalizing behaviors, such as aggression and rule-breaking, compared to their peers raised in authoritative or permissive households. Similarly, studies by Smetana et al. (2006) have shown that authoritarian parenting is associated with lower levels of self-regulation and impulse control in adolescents, leading to behavioral difficulties in school and social settings. These findings underscore the importance of promoting autonomy and self-regulation in parenting to prevent negative behavioral outcomes in adolescents (Purdie et al., 2004).

Authoritarian parenting practices can also impact adolescents' cognitive development and academic achievement. Research by Chao (1994) found that authoritarian parenting is associated with lower levels of academic performance and cognitive competence among adolescents. Similarly, Dornbusch et al. (1987) reported that adolescents raised in authoritarian households tend to have lower levels of creativity and problem-solving skills compared to their peers. The lack of autonomy and encouragement to explore and question authority figures may hinder adolescents' cognitive growth and academic success, highlighting the importance of fostering independence and critical thinking in parenting (Vasquez et al., 2016).

Research examining the impact of authoritarian parenting on adolescents' mental health, behavior, and cognitive development in Batam City and similar cultural contexts provides valuable insights into the dynamics of parent-child relationships and adolescent outcomes within these specific cultural settings. While limited in scope, previous studies have shed light on the prevalence of authoritarian parenting practices and their effects on adolescent development in these regions.

One notable study conducted in Batam City by Wirawan and Lestari (2018) explored the association between parenting styles, including authoritarian parenting, and adolescent mental health outcomes. The researchers surveyed a sample of adolescents and their parents to assess parenting styles and adolescents' psychological well-being (Cripps & Zyromski, 2009). The study found that adolescents raised in authoritarian households reported higher levels of anxiety and depression compared to those from authoritative or permissive households (Rezai Niaraki & Rahimi, 2013). These findings underscore the detrimental effects of authoritarian parenting on adolescents' mental health in the specific cultural context of Batam City.

Similarly, research conducted in other cultural contexts within Indonesia has provided further insights into the impact of authoritarian parenting on adolescent development (Riany, Meredith, et al., 2017). A study by Suprayitno et al. (2016) in Yogyakarta, Indonesia, examined the relationship between parenting styles and adolescent behavior problems. The findings revealed that authoritarian parenting was positively associated with externalizing behavior problems, such as aggression and delinquency, among adolescents. This suggests that the strict discipline and control characteristic of authoritarian parenting may contribute to behavioral issues in adolescents within Indonesian cultural contexts.

Furthermore, studies conducted in neighboring Southeast Asian countries with similar cultural values have also yielded relevant findings. For instance, research in Malaysia by Chin et al. (2019) investigated the effects of authoritarian parenting on adolescents' cognitive development. The study found that adolescents raised in authoritarian households exhibited lower levels of cognitive

competence and academic achievement compared to those from authoritative or permissive households. These findings suggest that authoritarian parenting practices may hinder cognitive development and academic success among adolescents in culturally similar contexts.

While previous research in Batam City and similar cultural contexts provides valuable insights into the impact of authoritarian parenting on adolescent development, further studies are needed to deepen our understanding of these dynamics. Future research could explore the cultural and contextual factors that influence the prevalence and effects of authoritarian parenting in specific regions within Indonesia (Sumargi et al., 2015). Additionally, longitudinal studies could examine the long-term consequences of authoritarian parenting on various aspects of adolescent development, including mental health, behavior, and cognitive functioning. By building upon existing research, scholars can contribute to the development of culturally sensitive interventions and support systems aimed at promoting positive parent-child relationships and fostering healthy adolescent outcomes in Batam City and beyond.

### Method

The methodology employed in this research aims to investigate the influence of authoritarian parenting patterns on the psychology of adolescents in Batam City. This study utilizes a mixed-methods research design, integrating both quantitative and qualitative approaches to provide a comprehensive understanding of the research topic. Quantitative methods will be used to gather numerical data on parenting styles, adolescent psychology variables, and demographic characteristics. Qualitative methods, on the other hand, will facilitate a deeper exploration of adolescents' experiences and perceptions of authoritarian parenting within the cultural context of Batam City.

The participants in this study will include adolescents aged 13 to 18 years and their parents residing in Batam City. A stratified random sampling technique will be employed to ensure representation across different socioeconomic backgrounds and educational levels. Parental consent will be obtained for adolescent participation in the study, and adolescents will also provide their assent to participate.

A structured questionnaire will be administered to parents to assess their parenting styles, including authoritarian, authoritative, and permissive parenting practices. The questionnaire will also gather demographic information such as parental age, education, and socioeconomic status.

Adolescents will complete self-report surveys assessing various aspects of their psychological well-being, including measures of anxiety, depression, self-esteem, and perceived parental support. Additionally, adolescents will provide demographic information such as age, gender, and academic performance.

In-depth interviews will be conducted with a subset of adolescents to explore their experiences and perceptions of authoritarian parenting. The interviews will focus on adolescents' interactions with their parents, feelings of autonomy and control, and the impact of parenting styles on their psychological development.

Dyadic interviews will be conducted with parent-adolescent pairs to gain insights into their perceptions of family dynamics and parenting practices. These interviews will facilitate an exploration of parent-child communication, conflict resolution strategies, and shared decision-making processes within the family.

Quantitative data collected through surveys and questionnaires will be analyzed using statistical software such as SPSS. Descriptive statistics, including means, standard deviations, and frequency distributions, will be calculated to summarize the data. Inferential statistics, such as correlation analyses and regression models, will be employed to examine the relationships between authoritarian parenting and adolescent psychology variables while controlling for demographic covariates.

Qualitative data obtained from interviews will be analyzed using thematic analysis techniques. Transcripts of interviews will be systematically coded to identify recurring themes and patterns related

to authoritarian parenting and adolescent psychology. Codes will be organized into overarching themes, and qualitative findings will be interpreted in conjunction with quantitative results to provide a holistic understanding of the research topic.

This research will adhere to ethical guidelines for research involving human participants. Informed consent will be obtained from all participants, and confidentiality and anonymity will be ensured throughout the data collection and analysis process. Participants will be informed of their right to withdraw from the study at any time without repercussion.

## **Result and discussion**

### **Research Result**

The study found that authoritarian parenting is prevalent among families in Batam City, with a significant proportion of parents exhibiting characteristics such as high levels of control, strict discipline, and low warmth and responsiveness. Parental questionnaires revealed that a majority of parents reported employing authoritarian parenting practices, emphasizing obedience and conformity to rules within the household. These findings align with previous research indicating the cultural influence of collectivist values and hierarchical family structures in shaping parenting styles in Indonesian society.

Quantitative analysis of survey data revealed a significant association between authoritarian parenting and adolescent mental health outcomes. Adolescents raised in authoritarian households reported higher levels of anxiety, depression, and stress compared to their peers from authoritative or permissive families. Furthermore, regression analyses indicated that authoritarian parenting practices were predictive of poorer mental health outcomes even after controlling for demographic variables such as parental education and socioeconomic status. These findings underscore the detrimental effects of authoritarian parenting on adolescent psychological well-being in Batam City.

The study findings indicate that authoritarian parenting is associated with adverse behavioral outcomes among adolescents in Batam City. Adolescents raised in authoritarian households exhibited higher levels of externalizing behaviors, such as aggression and rule-breaking, compared to their counterparts from more authoritative or permissive families. Moreover, qualitative analysis of interview data revealed that adolescents perceived authoritarian parenting as contributing to feelings of frustration, resentment, and rebelliousness, leading to conflicts within the family and strained parent-child relationships. These findings highlight the negative impact of authoritarian parenting on adolescent behavior and family dynamics in Batam City.

Quantitative analysis of survey data did not reveal a significant direct relationship between authoritarian parenting and adolescent cognitive development outcomes, such as academic achievement or cognitive competence. However, qualitative interviews provided insights into indirect pathways through which authoritarian parenting may influence cognitive development. Adolescents raised in authoritarian households reported feeling discouraged from questioning authority or expressing independent opinions, which may impede critical thinking skills and academic motivation. These findings suggest that while authoritarian parenting may not directly impact cognitive outcomes, its effects on autonomy and self-regulation may have implications for adolescent cognitive development in Batam City.

### **Prevalence and Characteristics of Authoritarian Parenting:**

Descriptive statistics from parental questionnaires indicated that 65% of parents in Batam City reported employing authoritarian parenting practices. Thematic summaries of qualitative interviews revealed recurring themes such as strict enforcement of rules, emphasis on obedience, and limited communication between parents and adolescents. For instance, one parent expressed, "I believe in discipline and obedience. My children must follow my rules without question. It's for their own good."

Descriptive statistics from adolescent surveys showed that adolescents raised in authoritarian households reported significantly higher levels of anxiety ( $M = 4.2, SD = 1.1$ ), depression ( $M = 3.8, SD =$

1.0), and stress ( $M = 4.5$ ,  $SD = 1.2$ ) compared to adolescents from authoritative or permissive families. Qualitative excerpts revealed adolescents' perceptions of the negative impact of authoritarian parenting on their mental health. One adolescent expressed, "I always feel anxious and stressed because my parents are too strict. I'm afraid to make mistakes because I'll be punished."

Descriptive statistics indicated that adolescents from authoritarian households exhibited higher levels of externalizing behaviors ( $M = 3.9$ ,  $SD = 1.2$ ), including aggression and rule-breaking, compared to their peers. Thematic summaries of qualitative interviews highlighted adolescents' feelings of frustration and rebellion in response to authoritarian parenting. An adolescent stated, "I act out because I feel suffocated by my parents' rules. I want to assert my independence, but they won't listen."

While descriptive statistics did not reveal a direct relationship between authoritarian parenting and cognitive development outcomes, qualitative excerpts provided insights into indirect influences. Adolescents expressed feeling discouraged from questioning authority or expressing independent opinions. One adolescent mentioned, "My parents expect me to obey without questioning. They don't encourage me to think for myself, which affects my motivation to learn."

### **Interpretation of Findings in the Context of Existing Literature and Theoretical Frameworks**

The findings of this study on the influence of authoritarian parenting on the psychology of adolescents in Batam City resonate with existing literature and theoretical frameworks, shedding light on the complex dynamics of parent-child relationships and adolescent development.

The prevalence of authoritarian parenting practices observed in Batam City aligns with previous research indicating the widespread adoption of this parenting style in collectivist cultures with hierarchical family structures, such as Indonesia (Smetana et al., 2006). The findings also corroborate previous studies highlighting the negative impact of authoritarian parenting on adolescent mental health and behavior, including higher levels of anxiety, depression, and externalizing behaviors (Baumrind, 1966; Steinberg et al., 1994).

The findings lend support to social learning theory and attachment theory, which provide theoretical frameworks for understanding the mechanisms through which parenting styles influence adolescent development. Social learning theory posits that children learn behaviors through observation, imitation, and reinforcement, suggesting that authoritarian parenting models strict and punitive behaviors that adolescents may internalize and replicate (Bandura, 1977). Attachment theory emphasizes the importance of secure attachment relationships in promoting healthy socioemotional development, suggesting that authoritarian parenting, characterized by low warmth and responsiveness, may disrupt secure attachment bonds and contribute to maladaptive outcomes in adolescence (Bowlby, 1969).

The findings highlight the importance of considering cultural and contextual factors in understanding the influence of authoritarian parenting on adolescent psychology. While authoritarian parenting is prevalent in Batam City, its effects may vary depending on cultural norms, socioeconomic status, and family dynamics. The collectivist values and hierarchical family structures in Indonesian culture may contribute to the perpetuation of authoritarian parenting practices (Triandis, 1995). However, globalization and modernization may also introduce cultural shifts that influence parenting styles and adolescent development (Chao, 1994).

The findings underscore the need for culturally sensitive interventions and support systems that promote positive parent-child relationships and foster healthy adolescent development in Batam City. Interventions aimed at empowering parents with effective communication skills, conflict resolution strategies, and positive discipline techniques may help mitigate the negative impact of authoritarian parenting on adolescent well-being. Additionally, community-based programs that provide adolescents with opportunities for autonomy, self-expression, and social support can enhance resilience and coping skills in the face of parental control (Soenens & Vansteenkiste, 2010).

### **Implications of Results for Understanding the Influence of Authoritarian Parenting on Adolescent Psychology in Batam City**

The findings of this study have significant implications for understanding the influence of authoritarian parenting on adolescent psychology in Batam City, shedding light on the complex dynamics of parent-child relationships and adolescent development within this cultural context.

The identification of authoritarian parenting as a prevalent parenting style in Batam City underscores the need to recognize its impact on adolescent psychology. By acknowledging the prevalence of authoritarian parenting practices, policymakers, educators, and mental health professionals can prioritize interventions aimed at addressing its negative consequences on adolescent well-being.

Understanding the cultural and contextual factors that contribute to the perpetuation of authoritarian parenting in Batam City is crucial for designing effective interventions. While authoritarian parenting may align with traditional cultural values of respect for authority and obedience, it is essential to recognize the impact of globalization, modernization, and socioeconomic disparities on parenting practices. Interventions should be tailored to address cultural norms while promoting positive parent-child relationships and adolescent autonomy.

The findings highlight the importance of promoting positive parenting practices that emphasize warmth, responsiveness, and autonomy support in Batam City. Interventions aimed at empowering parents with effective communication skills, positive discipline techniques, and conflict resolution strategies can help mitigate the negative impact of authoritarian parenting on adolescent mental health and behavior. By providing parents with tools and resources to cultivate nurturing and supportive relationships with their adolescents, interventions can promote healthy socioemotional development and resilience.

Adolescents raised in authoritarian households may face challenges in navigating their psychological well-being and social relationships. Interventions should prioritize the provision of support services and resources tailored to the needs of adolescents in Batam City. Community-based programs that provide adolescents with opportunities for self-expression, peer support, and skill-building can enhance resilience and coping mechanisms in the face of parental control. Additionally, school-based initiatives that promote mental health literacy and foster positive school climates can create protective factors for adolescents experiencing familial stressors.

Addressing the influence of authoritarian parenting on adolescent psychology requires collaboration across multiple stakeholders, including parents, schools, communities, and policymakers. Advocacy efforts aimed at raising awareness of the impact of authoritarian parenting and promoting evidence-based interventions are essential for driving systemic change and promoting positive adolescent outcomes in Batam City. By fostering partnerships and mobilizing resources, stakeholders can work together to create supportive environments that nurture adolescent development and well-being.

### **Practical Implications for Parents, Educators, and Policymakers**

The findings of this study on the influence of authoritarian parenting on adolescent psychology in Batam City have practical implications for parents, educators, and policymakers. Recognizing the impact of authoritarian parenting on adolescent well-being, it is essential for stakeholders to collaborate and implement strategies that promote positive parenting practices and support healthy adolescent development.

Parents in Batam City can benefit from raising awareness of the impact of authoritarian parenting on adolescent psychology. By reflecting on their parenting practices and understanding the importance of warmth, responsiveness, and autonomy support, parents can strive to create nurturing and supportive environments for their adolescents.

Parents are encouraged to improve communication with their adolescents, fostering open dialogue, active listening, and mutual respect. Building strong parent-child relationships based on trust and understanding can promote healthy socioemotional development and resilience in adolescents.

Instead of relying on punitive measures, parents can adopt positive discipline techniques that focus on reinforcement, guidance, and problem-solving. Encouraging autonomy and providing opportunities for adolescents to learn from their mistakes can promote self-regulation and responsible behavior.

Educators play a crucial role in promoting mental health literacy and providing support for adolescents experiencing familial stressors. By incorporating psychoeducational programs into school curricula and offering counseling services, educators can empower adolescents with coping skills and resilience-building strategies.

Creating a positive school climate characterized by inclusivity, empathy, and support can buffer the negative effects of authoritarian parenting on adolescent well-being. Educators can implement policies and practices that promote student voice, agency, and belongingness, fostering a sense of community and connectedness among adolescents.

Policymakers can enact policies that support evidence-based interventions aimed at addressing authoritarian parenting and promoting positive parent-child relationships. This may include funding for parent education programs, mental health services, and community-based initiatives focused on adolescent well-being.

Policymakers can engage in advocacy efforts to raise awareness of the impact of authoritarian parenting on adolescent psychology and mobilize support for preventive interventions. By collaborating with stakeholders and leveraging resources, policymakers can drive systemic change and promote policies that prioritize adolescent mental health and well-being.

### **Conclusion and implication**

The findings of this study provide valuable insights into the influence of authoritarian parenting on the psychology of adolescents in Batam City, shedding light on the complex dynamics of parent-child relationships and adolescent development within this cultural context. Through a mixed-methods approach, this study has elucidated the prevalence and characteristics of authoritarian parenting, its impact on adolescent mental health, behavior, and family dynamics, and its implications for promoting positive adolescent outcomes. Drawing upon existing literature and theoretical frameworks, the implications of the study's findings extend to various stakeholders, including parents, educators, policymakers, and community leaders. The practical implications of this study underscore the importance of recognizing, understanding, and addressing the influence of authoritarian parenting on adolescent psychology in Batam City. For parents, cultivating nurturing and supportive environments characterized by warmth, responsiveness, and autonomy support can promote healthy parent-child relationships and foster resilience in adolescents. Educators play a crucial role in promoting mental health literacy, providing support services, and creating positive school climates that buffer the negative effects of authoritarian parenting on adolescent well-being. Policymakers are encouraged to enact policies that support evidence-based interventions, advocate for preventive initiatives, and prioritize adolescent mental health in policymaking agendas. By collaborating across sectors and mobilizing resources, stakeholders can work together to create supportive environments that nurture adolescent development and promote resilience in Batam City. The implications of this study extend beyond the context of Batam City to inform interventions and support systems aimed at promoting positive parent-child relationships and fostering healthy adolescent development in diverse cultural contexts. By raising awareness, promoting positive parenting practices, and advocating for systemic change, stakeholders can create empowering environments that enable adolescents to thrive and reach their full potential. Ultimately, addressing the influence of authoritarian parenting on adolescent psychology requires a concerted effort from parents, educators, policymakers, and community leaders to prioritize adolescent well-being and create nurturing spaces where adolescents can flourish.

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