

ORIGINAL ARTICLE**THE RELATIONSHIP BETWEEN PARENTING STYLE AND MENTAL HEALTH IN ADOLESCENTS**

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ABSTRACT

Background: Adolescence was a developmental phase that was vulnerable to mental health disorders due to physical, social, and emotional changes. Parenting style was an important factor that influenced adolescents' ability to manage pressure and shape their character. **Objective:** This study aimed to determine the relationship between parenting style and mental health among adolescents at Public Senior High School 2 North Kuta. **Method:** The research method used was an analytical correlational design with a cross-sectional approach. The study population consisted of all students in grades X-XII, totaling 1,010 respondents, and the sample was determined using purposive sampling with 287 respondents. Data were collected using the parental bonding instrument questionnaire for parenting variables and the MHI-38 for mental health variables, which had been tested for validity and reliability, then analyzed using the Spearman rank correlation test. **Result:** The results showed that most respondents were 16 years old (36.2%), female (60.3%), and had parents with a senior high school education background (57.1%). Most respondents experienced democratic parenting (48.1%) and had very good mental health (42.5%). The analysis showed a p-value of 0.000 with a correlation coefficient of 0.764, indicating a strong and significant relationship between parenting style and adolescent mental health. **Conclusion:** These findings indicated that the better the parenting style applied, the better the adolescents' mental health condition, demonstrating that family support played an important role in shaping adolescent psychological well-being.

BACKGROUND

Adolescence is a dynamic stage of development where a person experiences changes and problems in his or her life. Physical, behavioral, cognitive, biochemical, and emotional changes are among them. Adolescents can experience emotional and mental health problems due to life changes and problems if not managed properly (Devita, 2020). Mental health conditions are susceptible to social rejection, unfair treatment, stigma, barriers to education, high-risk behaviors, physical health, and human rights violations. Globally, it is predicted that 1 in 7 (14%) adolescents aged 10-19 years will experience mental health disorders, but most of these conditions remain unidentified and have not received optimal treatment (World Health Organization, 2025). According to Ministry of Health of Republic Indonesia, about 6.0% of the Indonesian population over the age of 15 suffer from mental and emotional illness (Ministry of Health Republic Indonesia, 2018).

According to the report in 2023, there are 38,677 adolescents aged 15-18 years with mental disorders. The types of disorders reported included schizophrenia, acute psychotics, anxiety, depression, as well as mixed anxiety-depressive disorder. North Kuta District ranks second highest with 4,861 teenagers who experience mental health problems in the same age range (Badung Regency Health Office, 2024). Mental health disorders that are not treated will have serious impacts, including interfering with daily functioning, reducing the quality of life and ability to carry out responsibilities, increasing the risk of suicide, and inhibiting the development of adolescent character. Its long-term impact can trigger behavioral problems in adulthood, decrease life comfort, and affect an individual's physical health (Vitoasmara et al., 2024). These conditions indicate that adolescents at Public Senior High School 2 North Kuta are a vulnerable group and that parenting styles play an important role in shaping adolescents' mental health. Inappropriate parenting patterns, such as a lack of emotional support, excessive control, or poor communication between parents and children, can increase the risk of mental health problems among adolescents.

Adolescent mental health is influenced by various factors, namely aspects that come from within the individual, such as personality, talent, genetics, in addition to factors that come from outside the individual, namely family environment factors (parenting). Parenting patterns play a major role in children's behavior and shape their character as a whole (Reza et al., 2022). Research found two factors that affect adolescent emotional and mental health problems, namely parental parenting and peer environmental factors (Supini et al., 2024). The majority of parenting used by parents is authoritarian and permissive parenting, as much as 58.4%. These two parenting styles have an effect on the emotional state of adolescents, which is, on average, in the category Borderline (Supini et al., 2024). Another study states that parenting methods and adolescent mental problems were correlated, so that permissive and authoritarian parenting are risk factors for problems in adolescent mental health (Devita, 2020).

Parents play an important role as the first educators in shaping children's values, norms, and behavioral patterns (Aryanto et al., 2023). Several studies have shown that the family environment, especially maladaptive parenting styles, has a significant influence on adolescent mental health (Reza et al., 2022). Although previous studies have

identified a relationship between parenting style and adolescent mental health, most of them only focus on specific parenting types. Study found significant correlations between parenting styles and adolescents' emotional and mental health problems (Kholifah & Sodikin, 2020). However, empirical evidence comparing multiple parenting styles simultaneously using standardized instruments, such as the Parenting Bonding Instrument, is still limited. Therefore, this study aims to examine the relationship between parenting styles and adolescent mental health using a comprehensive and standardized approach. Based on information from the guidance and counseling teacher at Public Senior High School 2 North Kuta, several students show behavioral and emotional problems, such as frequent tardiness, emotional instability, involvement in conflicts, and low learning motivation. These conditions are believed to be influenced by family factors, including lack of parental supervision, poor communication, and excessive parental demands.

Based on the information from the guidance and counseling teacher of Public Senior High School 2 North Kuta, there are still students who do not comply with school discipline rules, particularly with regard to late attendance. The reasons for the delay conveyed by students vary, ranging from being late to waking up, parents not having time to wake up because they have to work, to being woken up but reluctant to wake up, which shows that parental parenting plays an important role in the formation of student discipline. Teachers also revealed that there are students who are easily angered, tend to be emotional, get involved in conflicts or fights, and look gloomy at school, which is considered inseparable from the influence of the family environment. One of the cases that has occurred is a student who attended Public Senior High School 2 North Kuta under parental coercion, even though they have an interest in the Vocational School of Arts, which has an impact on decreasing enthusiasm and motivation to learn, as well as the desire to change schools.

A preliminary study conducted on July 31, 2025, involving 10 students, revealed that some students experienced anxiety, sadness, and difficulty concentrating. Many students felt reluctant to share their problems with their parents due to fear of being scolded or feeling unheard. The findings also indicated diverse parenting styles, including authoritarian, permissive, neglectful, democratic, and indulgent parenting. These results suggest a potential relationship between parenting styles and adolescents' emotional and mental health. Based on this background, this study aims to investigate the relationship between parenting styles and mental health among adolescents at Public Senior High School 2, North Kuta.

OBJECTIVE

This study aims to determine the relationship between parenting style and mental health in adolescents at Public Senior High School 2 North Kuta.

METHOD

Design, Population, and Sample

This type of study is an observational analysis with a cross-sectional approach. The population in this study is 1,010 respondents in grades X, XI, and XII at Public Senior High School 2, North Kuta, with a total of 287 respondents who were selected using the Non-Probability Purposive Sampling method. This research has been conducted at SMA Negeri 2 North Kuta, starting from September 24 to October 06, 2025.

Instrument and Data Analysis

The research instruments used in this study are parenting questionnaires and mental health questionnaires that have been tested for validity and reliability. The Strengths and Difficulties Questionnaire (SDQ) is used for the early detection of behavioral and emotional problems in children and adolescents aged 11-18 years, with a typology of questions related to something that happened in the last 6 months. The researcher has obtained approval for the ethics test with the number 647/E1. STIKESWIKI/EC/IX/2025. The primary data and secondary data were collected. The data analysis in this study includes univariate analysis, while the analysis of two variables in the statistical test uses Rank-Spearman.

RESULTS

This research was analyzed using univariate tests on respondent characteristics and bivariate tests for correlation hypothesis analysis, and presented in the following table:

Table 1. Characteristics of Respondents by Age, Gender, and Parents Last Education (n=287)

Characteristics	Frequency (f)	Percent (%)
Age		
15 years	62	21,6
16 years old	104	36,2
17 years	98	34,1
18 years old	23	8,0
Gender		
Male	114	39,7
Women	173	60,3
Parents' Last Education		
Junior High School	9	3,1
High School	164	57,1
College	114	39,7
	287	100

Based on Table 1, it can be seen that of the 287 respondents studied, the majority of respondents were 16 years old, namely 104 respondents (36.2%), 173 respondents (60.3%) were female, and 164 respondents (57.1%) had parents with a high school education.

Table 2. The Relationship of Parenting with Mental Health in Adolescents (n=287)

Parenting	Mental Health						R	P-value		
	Not Good		Good		Excellent				Total	
	f	%	f	%	f	%			f	%
Authoritarian	76	71,0	29	27,1	2	1,9	107	100	0,764	0,000
Indulgent Permissiveness	3	30,0	4	40,0	3	30,0	10	100		
Permissive Ignorance	13	40,6	8	25,0	11	34,4	32	100		
Democratic	3	2,2	29	21,0	106	76,8	138	100		
Total	95	33,1	70	24,4	122	42,5	287	100		

Based on Table 2, the majority of respondents implemented a democratic parenting style with very good mental health (76.8%). The p-value is less than 0.05 (0.000), and the correlation coefficient value is 0.764, indicating a strong relationship between the two variables. The positive correlation direction shows that the better the parenting style applied by parents, the better the mental health of adolescents, with a p-value of 0.000. It can be concluded that there is a significant relationship between parental parenting and adolescent mental health.

DISCUSSION

Characteristics of Teenagers at Public Senior High School 2 North Kuta

Based on the results of the research that has been obtained, the majority of respondents are at the age of 16 years and the majority Female. The results of this study are in line with the research previous research, which showed the individuals desperately need the presence of peers (Herman et al., 2023). Adolescents often experience confusion in determining the right choice, for example whether to be materialistic or idealistic, active or alone, sensitive or indifferent, and optimistic or pessimistic (Purnomo et al., 2024). This condition shows that adolescents need attention and guidance from parents through the application of appropriate parenting styles (Nurliza et al., 2024). Parents have the closest role in the life of adolescents and function as companions, so parental support is an important factor in maintaining adolescent mental health and preventing stress in children (Purnama et al., 2024).

The study found that the majority of respondents had parents with a high school education, similar to a previous study that found almost 52,1% of respondents had a high school education (Mustamu et al., 2020). Parental education levels influence parenting styles. Parents with higher education tend to apply broader understanding and experience compared to parents with lower education levels (Azzahra et al., 2021). This finding aligns with other research, which showed that most respondents had parents with a high school education. The higher a person's education level, the broader their knowledge, which makes parents with higher education better able to provide guidance, direction, and role models for positive behavior in every activity (Mohzana et al., 2024). The researchers

argue that most of the respondents who are 16 years old and female are in the middle adolescence phase, where the need for social support and parental guidance is essential to maintain mental health. Women are more susceptible to stress due to emotional changes and environmental pressures, so the role of parents with an adequate level of education is a supporting factor in providing direction, attention, and a positive parenting style. Therefore, family support, especially from parents, plays a big role in helping adolescents cope with psychological distress and maintain their mental health balance.

The Relationship of Parenting to Mental Health in Adolescents

This study reported that there is a relationship between parenting style and adolescent mental health at Public Senior High School 2, North Kuta. The positive correlation direction shows that a good parenting style applied by parents produces good mental health in adolescents. Parenting is one of the important factors in family education, reflecting relatively consistent patterns of behavior and tendencies in guiding and raising children through daily activities. Parenting that tends to be weak or overemphasizes punishment can be categorized as negative parenting. On the contrary, positive parenting is characterized by the application of warmth, sensitivity, acceptance, and responsiveness to children's needs. Parenting styles and concepts have a significant role in influencing the development and psychological condition of children (Mustamu et al., 2020).

Parenting is one of the important factors in family education, which reflects the behavior and habits of parents in guiding and raising children through daily activities. Positive parenting, such as providing emotional support, open communication, and opportunities for children to express their opinions, can help teens feel valued and accepted, thus contributing to the development of good mental health (Mustamu et al., 2020). Previous study found the majority of students received democratic parenting and most students with democratic parenting experienced normal category stress levels. good the parenting style, make excellent mental health of adolescents (Nurliza et al., 2024). The relationship between parenting and mental health can be understood through the process of forming a child's personality and emotions (Azzahra et al., 2021). Warm, open, and consistent parenting such as democratic parenting makes adolescents feel safe and valued, so that they are able to develop positive self-concept and good emotional resilience. On the other hand, rigid and demanding authoritarian parenting can lead to psychological distress, anxiety, and low self-confidence. Meanwhile, permissive parenting, both indulgent and neglectful, tends to lead to a lack of self-control and increased stress due to a lack of direction from parents (Azzahra et al., 2021). Parenting style is a way of educating children as a form of responsibility, including providing rules, guidance, and training so that children grow up as expected. Proper parenting can affect children's mental health, because through positive parenting, children feel appreciated, supported, and loved so that they grow up in good mental condition (Ningrum et al., 2023).

Adolescence is defined as identity versus role confusion, in which individuals seek to find their identity and form a stable personal identity. The ability to manage emotions and social pressure begins to develop maturity. This stage allows for the development of

a stronger self-identity as well as an increase in resilience to psychological stress (Dolongseda et al., 2025). This condition can be one of the reasons why most of the respondents in this study showed a good level of mental health. Mental health disorders are influenced by internal and external factors. Internal factors include biological and psychological aspects, such as a family history of mental disorders, hormonal changes, certain medical conditions, personality, traumatic experiences, and less adaptive coping skills (Irsanin, 2024). External factors that play a role in adolescent mental health disorders include parental parenting, association with peers, and family socioeconomic conditions (Haniyah et al., 2022).

Researchers argue that parenting style plays an important role in shaping adolescent mental health. Warm and open democratic parenting helps adolescents feel safe, appreciated, and accepted. They can develop confidence and emotional stability. On the other hand, authoritarian or permissive parenting can cause psychological distress and emotional distress. However, parenting is not the only factor that affects adolescent mental health, as the social environment, academic pressure, and family support also play a role. Therefore, maintaining adolescent mental health needs to involve cooperation between parents, schools, and health workers so that adolescents grow up in a good environment.

CONCLUSION

Based on the results of this study, it can be concluded that there is a significant relationship between parenting style and adolescent mental health at Public Senior High School 2 North Kuta ($p < 0.05$). Democratic parenting was the most commonly identified parenting style, and most adolescents demonstrated very good mental health conditions. This study was limited by the use of a cross-sectional design, which could not determine causal relationships, and the use of self-reported questionnaires that may have caused response bias. In addition, the study was conducted in only one school, limiting the generalizability of the findings. Future studies are recommended to involve larger and more diverse populations and to examine other factors influencing adolescent mental health, such as peer relationships, social media use, family support, and socioeconomic conditions.

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