

# “The Relationship Between Authoritarian Parenting and Psychological Well-being of Late Adolescent”

**Ninawati – 0312106101**

**Kurnia Setiawan - 0303057303**

**Pipih Murtapiah - 705220204**

**Amelia Niken P. S. - 705220234**

**Putri Aurel R. A. - 705220323**

**Fannia Arindi T. P. - 70220355**

**Kinta Duanty - 705220416**

**Faculty of Psychology, Tarumanagara University**

# Introduction

## Background and Problem Formulation

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, It is very important to maintain adolescents' psychological well-being, optimism, and self-efficacy during this period. Psychological well-being according to Ryff (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. 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: 163), 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.

Problem Formulation of this study is whether there is a relationship between authoritarian parenting and psychological well-being of late adolescents.



**UNTAR**  
Universitas Tarumanagara



UNTAR untuk INDONESIA

# Research Methods

- **Participants** : undergraduate students aged 18-21 years old and experienced the application of parental parenting.
- **Research Design** : quantitative and non-experimental research design. This study measures the variables of maternal authoritarian parenting, paternal authoritarian parenting, and psychological well-being.
- **Instrument Measurement Tools** : using a **parenting questionnaire** instrument designed by Erik Wijaya, Fransisca Iriani Roesmala Dewi, Riana Sahrani (2014) by assessing each item with a Likert scale (1) Never, (2) Rarely, (3) Sometimes, (4) Often, (5) Always. And using a **psychological well-being questionnaire** that 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.
- **Research Procedure** : obtaining measuring instruments for authoritarian parenting and psychological well-being, collected respondents by distributing questionnaire links made through google form media, 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



# 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.
- **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	Non Significant Relationship

- **Test Results of Well-Being Levels of Late Adolescents with Authoritarian Mothers**

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



# Result and Discussion (cont.)

- Test Results of Well-Being Levels of Late Adolescents with Authoritarian Fathers

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

- 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  $p=0.032$  ( $p < 0.05$ ).
- These results support the 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.



# Conclusion and Suggestion

- **Summary** : 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.
- **Discussion** : The research by Ulfi (2021) 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. Then, based on research conducted by Tahir & 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. 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.
- **Advice** : 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.

