The Influence of Parenting Patterns, Self-Perception, and Social Support on the Emotional Well-Being of Adolescents in Indonesia

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ABSTRACT

This study explores the complex connections between Indonesian adolescent emotional wellbeing, social support, self-perception, and parenting style. Using a mixed-approaches strategy, 350 adolescents between the ages of 13 and 18 were randomly selected and then subjected to both quantitative surveys and qualitative interviews. The quantitative results showed a strong correlation between more emotional well-being and authoritative parenting. Higher levels of self-perception—including self-efficacy and self-esteem—were associated with better emotional results. Robust family support was found to be a significant predictor of improved emotional well-being, and supportive peers and schools were also found to be beneficial. Depth was given by qualitative insights, which disentangled the complex experiences of parenting philosophies, self-perception, and social support. The amalgamation of both quantitative and qualitative findings provides a thorough comprehension of the elements influencing the psychological welfare of teenagers in Indonesia. There is discussion of the implications for interventions and policies aimed at promoting mental health in this population.

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1. INTRODUCTION

A critical period in human development, adolescence is marked by significant changes in one’s physical, cognitive, and socioemotional domains [1]–[3]. Adolescents’ emotional health is crucial at this time of transition since it plays a major role in determining their general mental health and quality of life. Given the convergence of many cultures, traditions, and socio-economic circumstances in Indonesia, it is imperative to comprehend the determinants of adolescents’ emotional well-being [4]–[8].

This study aims to investigate the intricate interactions that shape the emotional landscape of Indonesian teenagers, including parenting style, self-perception, and social support. Indonesia has a young population, making it difficult to protect the mental health and wellbeing of its adolescents [9]–[11]. This study aims to provide important insights that can guide focused actions and policies by examining the various dynamics of parenting, self-perception, and social support [12].

The emotional health of adolescents is a significant matter that affects both the individual and the larger society. Teenagers
managing the intricacies of peer interactions, academic expectations, and identity formation may face emotional obstacles that have a serious negative influence on their mental health [13]–[16]. To build support systems that are effective, it is essential to understand the factors that either exacerbate or lessen these issues [17]–[19].

Baumrind’s conceptualization of parenting styles encompasses a range of approaches, from permissive and authoritarian to authoritative. Although the impact of parenting styles on the development of adolescents has been extensively studied, little is known about how they specifically affect the emotional health of adolescents in Indonesia [20]–[23]. The purpose of this study is to determine how parental attitudes and actions affect the emotional experiences of Indonesian teenagers.

Self-identity and self-concept formation occur during the adolescent stage. Adolescents’ mental health can be significantly impacted by how they view themselves, their abilities, and their sense of self-worth [19], [24]–[27]. Examining the aspects of self-efficacy, self-esteem, and self-concept within the Indonesian setting will shed light on the internal elements that influence emotional vulnerability or resilience [28].

There is a wealth of studies on the contribution of social support to mental health enhancement. However, specific research is needed to understand the dynamics of social support in the context of Indonesian adolescents, taking into account support networks from peers, family, and schools [29], [30]. Interventions aimed at enhancing the emotional health of teenagers can be developed with guidance from an understanding of the mechanisms and sources of social support.

There are several reasons why this research is important. First, by placing the impact of parenting, self-perception, and social support in an Indonesian context, it adds to the expanding body of research on adolescent mental health. Second, the results can help design interventions and support networks that are sensitive to cultural differences and specifically designed to meet the needs of teenagers in Indonesia. Last but not least, this study supports international initiatives to give mental health a higher priority, acknowledging its critical role in developing resilient and well-adjusted people [31].

2. LITERATURE REVIEW

2.1 Parenting Style and Emotional Well-being

High warmth and high expectations, which are hallmarks of authoritative parenting, have been repeatedly linked to favourable emotional outcomes for teenagers. Research conducted in a variety of cultural contexts emphasizes the value of a challenging but supportive parenting style in building psychological health and emotional resilience [32].

In contrast, negative emotional consequences have been associated with the authoritarian parenting style, which is marked by excessive demands and less warmth. Teens reared in authoritarian settings may be more prone to anxiety, sadness, and low self-esteem [33]–[35]. However, cultural differences may influence how authoritarian parenting affects emotional health, requiring research tailored to the unique culture [36], [37].

The dynamics of permissive parenting, which is marked by low expectations and strong warmth, are likewise distinct. Permissive parenting has been associated with difficulties in impulse control and emotional regulation, even if it may promote a sense of autonomy [36]–[38]. It is still unclear how liberal parenting fits into Indonesian culture and how it affects adolescents’ emotional health.

2.2 Self-Perception and Emotional Well-being

High self-esteem and emotional well-being during
adolescence are positively correlated, according to research that is continuously published [39], [40]. Teens that have high self-esteem are more able to overcome obstacles, build wholesome relationships, and show perseverance in the face of adversity [41]–[43]. Self-efficacy, or the conviction that one can accomplish objectives, is an essential part of one's self-perception. Because they promote a sense of mastery and control, high levels of self-efficacy enhance emotional well-being [44]. Understanding how self-efficacy shapes emotional outcomes in the Indonesian environment is essential to comprehending the development of adolescents.

An individual's self-concept, which includes their ideas about their identity, values, and abilities, is crucial to their emotional health. Positive emotions and psychological adjustment are more common in adolescents who have a stable and positive self-concept [39]–[42]. Research in the Indonesian environment is necessary since the construction and influence of one's self-concept may be influenced by the cultural context.

2.3 Social Support and Emotional Well-being

Adolescent emotional well-being has been found to be significantly predicted by family support on a regular basis [45], [46]. The capacity to handle stressors and maintain emotional resilience is influenced by factors such as strong familial ties, open communication, and perceived support [47]–[49].

In adolescence, peer bonds become even more significant. While peer rejection or conflict can exacerbate emotional discomfort, positive peer support has been associated to enhanced emotional well-being [14], [50], [51]. It is essential to investigate the complex dynamics of peer support in the Indonesian cultural setting.

For teenagers, the school setting is an essential social backdrop. Improved emotional well-being is linked to supportive teacher-student connections, a healthy school climate, and a sense of belonging [14], [50], [52]–[54]. Examining the function of school assistance in the Indonesian setting sheds light on the larger socio-educational implications on the mental health of adolescents.

2.4 Gaps in Existing Literature

Although a large body of research has been conducted worldwide on the impact of parenting, self-perception, and social support on the emotional well-being of adolescents, studies conducted in the Indonesian context are noticeably lacking. Given Indonesia's distinct cultural, social, and economic context, further research is necessary to comprehend how these elements express and interact to influence Indonesian adolescents' emotional wellbeing.

3. METHODS

The integration of quantitative and qualitative methods provides a more thorough understanding of the research questions. Quantitative data will provide statistical insights, while qualitative data will capture the nuanced and subjective aspects of adolescents' experiences.

3.1 Sampling

The target population included adolescents aged 13 to 18 years old across different regions in Indonesia. Stratified random sampling techniques were used to ensure representation from different geographical areas and urban/rural classifications. Strata were defined based on the unique cultural and socio-economic contexts of different regions. A total of 500 questionnaires...
were distributed and 350 were returned.

3.2 Data Collection

a. Quantitative Data

The structured survey was distributed electronically to participants. The survey, available in Bahasa Indonesia and English, included validated scales for parenting style, self-perception, social support, and emotional well-being. Participants will be given clear instructions, and the survey platform will ensure secure and anonymous responses.

b. Qualitative Data

In-depth interviews and focus group discussions were conducted with a subset of participants. A semi-structured interview guide was used to explore adolescents’ subjective experiences. The qualitative phase aims to capture narratives, providing depth and context to the quantitative findings, a total of 10 informants were involved in this study.

3.3 Instrumentation

Table 1. Instrumentation Research

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<th>Quantitative Instruments</th>
<th>Qualitative Instruments</th>
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<td>Parenting Styles: Parenting Styles and Dimensions Questionnaire (PSDQ).</td>
<td>Semi-structured interview guide for in-depth interviews</td>
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<tr>
<td>Self-Perception: Rosenberg Self Esteem Scale, General Self-Efficacy Scale, Self-Description Questionnaire.</td>
<td>Focus group discussion guide.</td>
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<td>Social Support: Multidimensional Scale of Perceived Social Support (MSPSS).</td>
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<td>Emotional Well-Being: Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).</td>
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3.4 Data Analysis

a. Quantitative Data Analysis

Quantitative data will be analyzed using SPSS statistical software. Descriptive statistics, correlation analysis, and multiple regression analysis will be used to examine the relationship between variables.

b. Qualitative Data Analysis

Qualitative data is analyzed using thematic analysis. Transcripts are coded independently by two researchers, and themes will be identified through consensus. Qualitative findings complement quantitative results, providing a deeper understanding of adolescents’ subjective experiences.

4. RESULTS AND DISCUSSION

4.1 Results

We will discuss the results of this study, which looked at the connections between Indonesian adolescent mental health, social support, parenting style, and self-perception. The study objectives have guided the organization of the results, which are then interpreted in the discussion within the framework of the body of existing literature and the socio-cultural setting of Indonesia.

a. A Quantitative Analysis

1. The Connection Between Emotional Health and Parenting Style

The results of the quantitative study indicated a strong correlation (sig<0.001) between emotional well-being and parenting style. When compared to adolescents raised in authoritarian or permissive situations, adolescents raised in authoritative parental environments consistently
displayed greater levels of emotional well-being. This result is consistent with earlier studies that highlight the beneficial effects of authoritative parenting on the mental health of adolescents (Darling & Steinberg, 1993).

2. The Effect of One's Own Perception on Emotional Health

The significance of self-perception in determining emotional well-being is supported by this study. Stronger emotional results were associated with higher levels of self-efficacy and self-esteem (sig<0.001). Enhanced emotional resilience is also correlated with a good self-concept. These findings are consistent with previous research (Orth et al., 2008; Harter, 2012) showing the benefits of positive self-perceptions in enhancing the mental health of adolescents.

3. Social Support’s Impact on Emotional Well-Being

Emotional well-being was found to be strongly correlated with family support, with adolescents expressing higher emotional well-being when they perceived substantial family support (sig<0.000). Positive associations between school and peer support and emotional well-being were also seen, highlighting the significance of varied social networks in the development of adolescents. These results highlight the role that social and familial environments play in promoting emotional health (Cohen & Wills, 1985; Buhrmester & Furman, 1987; Osterman, 2000).

b. A Qualitative Analysis

1. Parenting Approaches: Views and First-hand Knowledge

Adolescents discussed their varied experiences with parental techniques in the qualitative stage. Parents who exercised authority over their children stressed independence and thought that their emotional growth was encouraged. On the other hand, emotional closure and discomfort were linked to authoritarian parenting. Narratives of permissive parenting emphasized both a sense of independence and difficulties with self-control.

2. Self-awareness and Identity Development

Investigations into the intricacies of self-perception and identity formation yielded qualitative insights. Adolescents disclosed how cultural norms and society expectations affected how they saw themselves. Positive narratives about oneself frequently focused on cultural pride and a strong sense of self. On the other hand, stereotypes and social pressures are connected to issues with self-esteem.

3. Social Support Networks: Characteristics and Obstacles

Qualitative research revealed the social support networks’ dynamics. Strong family relationships were frequently mentioned as a protective element, however several teenagers found it
difficult to talk to their relatives about emotional difficulties. Peer interactions were characterized as challenging at times but sometimes as supportive. The significance of fostering healthy relationships between educators and kids was underscored in school support tales.

4. Combining Qualitative and Quantitative Data

The combination of quantitative and qualitative data offers a thorough knowledge of the variables affecting Indonesian teenagers' emotional health. Quantitative data provides statistical patterns and relationships; on the other hand, qualitative narratives shed light on lived experiences and contextual nuances that may be missed by quantitative metrics.

4.2 Discussion

The results of this study are consistent with international research that highlights the beneficial effects of authoritative parenting on the mental health of teenagers [4], [32], [34], [55]. Depth is added by qualitative findings, which imply that authoritative parenting promotes an atmosphere that is favourable to individuality and emotional expression. It is imperative to take into account, within a cultural framework, how parenting style is influenced by collectivist beliefs and how this influences emotional health.

The positive relationship between emotional well-being and self-perception was validated by quantitative findings. Qualitative narratives elucidate the intricate relationship between an individual's self-perception and cultural dynamics. The necessity for interventions that support positive cultural narratives to raise self-esteem and self-efficacy has been highlighted by the emergence of cultural pride and a strong sense of identity as protective variables [56].

Emotional well-being is enhanced by social support, as shown by both qualitative and quantitative data. Family was found to be the main source of support, although communication difficulties made it clear how crucial it is to promote candid discussion. Although helpful, peer interactions can often present difficulties, which highlights the need for treatments aimed at enhancing peer communication skills [4], [57], [58]. Emphasizing the wider socio-educational influences on adolescents, the school environment plays a crucial role in creating emotional well-being [59].

4.3 Implications

The results of this study have consequences for programs and laws meant to enhance the mental health of teenagers in Indonesia. The mental health of this population can be enhanced through culturally competent parenting programs, school-based support programs, and community interventions by utilizing the components that have been discovered.

4.4 Limitations

This study has limitations even if it offers insightful information. Any causal inferences are limited by the cross-sectional character. Response bias can affect self-report measures, and the sample may not be entirely representative of all teenagers in Indonesia. Subsequent studies ought to employ a longitudinal approach and investigate supplementary contextual elements that impact psychological well-being.
5. CONCLUSION

This study adds important new understandings to the intricate relationships affecting Indonesian teenagers’ mental health. The results highlight the benefits of authoritative parenting and highlight the necessity of culturally competent parenting training. Strong social support networks and a positive self-perception—particularly in the family setting—emerge as essential components in building emotional resilience. The qualitative narratives shed insight on the subtle cultural differences that influence these dynamics, emphasizing how critical it is to confront society expectations and promote constructive cultural narratives. The findings have implications for treatments and policies that promote Indonesian adolescents’ mental health, recognizing the importance of social networks including friends, family, and school. As we draw to a close, we acknowledge the value of this study, consider its shortcomings, and suggest directions for future investigation that go further into the contextual and cultural nuances of teenage well-being in Indonesia.

REFERENCES


