

Perception of Parenting Styles on Loneliness and Depressive Tendencies in Adolescents

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Abstract. The problem of depression in adolescents is still prevalent. A survey conducted by the Child and Adolescent Psychiatry Division team, Faculty of Medicine, University of Indonesia in May 2020 on 393 Indonesian adolescents aged 16-24 years, showed that 95.4% of adolescents stated that they had suffered from anxiety, and 88% of adolescents had felt symptoms of depression while facing problems in adolescence (Kaligis, et al, 2021). This study aims to see if there is an influence of parenting on loneliness and depressive tendencies in 164 adolescents aged 12-23 years. This study used quantitative methods with regression analysis. The results showed that democratic parenting had a significant negative influence on depressive tendencies ($B = -.197, p < .05$). Research subjects who perceived their parents to apply democratic parenting also had lower levels of loneliness.

Keywords: *loneliness, depression tendency, parenting styles, adolescents*

Introduce

Depressive disorders in Indonesia continue to increase every year. According to WHO data in 2017, Indonesia is in fifth place with a depression incidence rate of 3.7%. WHO stated that in 2015, depression was one of the mental health disorders that is the biggest cause of illnesses and disorders among adolescents aged 10-19 years. Based on Basic Health Research (Riskesdas) data in 2018, the number of people aged 15 years and over who show symptoms of depression is at a percentage of 6.1% of the total population of Indonesia. The age group that tends to experience depression is in the 15-24 year age range, 6.2% (Suryaputri et al, 2022). According to Dariyo (2004, in Rahmawati et al, 2015), depressive disorders are more often experienced by young individuals, usually aged 15-24.

Another survey conducted by the Child and Adolescent Psychiatry Division team, Faculty of Medicine, University of Indonesia in May 2020 on 393 Indonesian teenagers aged 16-24 years, showed that 95.4% of teenagers stated that they had suffered from anxiety, and 88% of teenagers had experienced symptoms of depression. while facing problems in adolescence. Furthermore, of the total respondents, 96.4% said that they lacked

an understanding of how to deal with stress caused by the problems they were experiencing (Kaligis, et al, 2021). A survey in Jakarta Special Capital Region showed that 30% of adolescents experienced depression and some had suicidal thoughts (Riyanti, 2018; Risnawati et al., 2021). According to the World Health Organization (WHO), Indonesia's suicide rate also increased from 4.3% to 5.4% in 2016 and as many as 18.6% of teenagers have suicidal thoughts (Azizah, 2018). Suicide tendency is a latent effect of depression, where depression is closely related to an individual's negative self-evaluation (Risnawati et al., 2021; Nahema & Joëlle, 2018; Ranjana & Moudgil, 2017; Multahada & Mabelle, 2015; Zaman & Fivush, 2013; Miller et al., 2002).

Depression is a mental disorder that can occur in various phases of life, but in general, depression often occurs in people entering young adulthood, namely in their mid-20s (Kessler and Bromet, 2013). Depression is a mental disorder that affects the way people think, feel, and behave (American Psychiatric Association, 2013). Depression occurs because it is caused by many factors including parenting, personality, and environment.

According to Kartono (in Dirgayunita, 2016), depression is a condition where a person feels pathologically sad, emotionally empty, and confused. Individuals who experience depression not only experience sadness, but also experience anxiety, excessive sensitivity, fatigue, and decreased ability to concentrate, which can also result in physical problems such as sleep and digestive disorders. Depression also has the potential to impair daily life functions. If the impact of depression has damaged various aspects of life, this impact will greatly affect the individual's mental health and productivity. The World Health Organization (WHO) states that depression is a psychological problem that is often encountered and has an impact on the well-being and abilities of individuals throughout the world (Distina, 2019). Someone who is depressed generally experiences fatigue, difficulty focusing and remembering, changes in appetite which can be either too little or too much, a decrease in self-confidence, and feelings of worthlessness (Dirgayunita, 2016).

Research conducted by Yuhanda and Eny (2013) found that parenting styles play a role in causing depression in children. Children can express themselves more effectively with proper parenting (Masli, 2008), which is an important component in meeting their needs and preventing depression. Therefore, parents have an important role in guiding their children towards emotional stability. Several studies have shown that negative

parenting is correlated with low self-esteem (Risnawati et al., 2021; Nahema & Joëlle, 2018; Ranjana & Moudgil, 2017; Multahada & Mabelle, 2015; Zaman & Fivush, 2013; Miller et al., 2002).

The concept of parenting styles explained by Diana Baumrind (1967, in Santosa, 2013) is an approach that describes how parents direct, guide, and accompany their children to reach the developmental stage that takes them towards maturity. The way parents care for them plays an important role in shaping a child's character until they become adults and has an impact on the way children interact in their social life.

Research conducted by Safitri (2013) found that democratic parenting can reduce the level of depression experienced by teenagers. The democratic parenting style adopted by parents can provide a sense of security, and reduce feelings of loneliness, fear, and pressure in children. Therefore, the role of parenting styles play an important role in children's behavior and interactions with the surrounding environment and help them overcome various stressors in daily life, to reduce the risk of depression in teenagers (Edward in Novita, 2017).

The results of the statement above also indicate that authoritarian parenting and permissive parenting are more closely related to an increased risk of depression in adolescents. Parents who apply an authoritarian parenting style tend to exercise strict control, establish one-way communication, show less affection, act more firmly, use physical punishment, demand children to obey their wishes, prioritize less tolerance, rarely give rewards to children, and tend to regulate all children's activities (Madyarini, 2014). Meanwhile, permissive parenting is a parenting approach that gives children wide freedom to do everything, which ultimately can create an environment that is less conducive to forming children's character (Udampo, 2017).

Apart from being related to depression, parenting styles are related to loneliness. Research conducted by Bullock (1993 in Hamurcu, et.al 2016) shows that the quality of the relationship between parents and children can influence loneliness. Children from warm, loving families show lower levels of loneliness. These results indicate that family relationships influence the emergence of feelings of loneliness. This research explains further that relationships with family members are an important factor in the emergence of feelings of loneliness in children and adolescents.

Loneliness is a distressing feeling characterized by social isolation, anxiety, feelings of being unloved, and hopelessness (Hawkey and Cacioppo, 2010). Based on previous research, feelings of loneliness generally peak around age 13 and then decline during adolescence (Geukens et al., 2020). From Rogers' (1970) perspective, loneliness is related to painful experiences that arise when someone feels that they have no real connection with others (Ayhan, Beyazit, 2021).

In this context, loneliness experienced by individuals is related to negative feelings about social relationships, which are mainly due to a lack of interpersonal interaction and relationships with parents (Heinrich and Gullone, 2006). Therefore, children and adolescents who cannot establish open, warm, permanent, and sincere relationships with their parents gradually become lonely (Rohner et al., 2019). According to a loneliness survey conducted by the Mental Health Foundation in England in May 2010, out of 2256 respondents, it was found that 24% of subjects aged 18-34 years felt [^] than subjects aged over 55 years (Mental Health Foundation, 2010).

The negative experience felt can take the form of emotional neglect by people closest to the individual, causing a gap between expectations of love and reality, this gives rise to feelings of emptiness or emptiness which lead to feelings of loneliness, characterized by often feeling alone or deserted, a feeling of not being unhappy, not feeling like they have the right environment (Erol, 2018). Previous research conducted by Lubis & Yudhaningrum (2020) discussed loneliness, describing a gap in relationships with family or partners in the form of emotional neglect and not building intimate interpersonal relationships, which causes loneliness. Other research confirms the finding that when levels of loneliness increase, suicidal behavior among students also increases. This is also related to the existence of a significant relationship between authoritarian parenting and suicidal behavior (Shakir & Ramansenteram, 2020).

Based on the background that has been explained and seeing the increasing number of cases of depression and even suicide among teenagers in recent times, researchers feel it is necessary to provide further evidence regarding the influence of parental parenting on loneliness and the tendency to depression in teenagers.

Method

The method in this research uses a quantitative approach with data analysis using multiple regression analysis. The population in this study were teenagers aged 12-23 years in the Jakarta area. Samples were taken using the snowball sampling technique and 164 subjects were obtained. The instrument for measuring perceptions of parenting styles used in this research is the Parental Authority Questionnaire scale which comes from Baumrind's theory which was developed by Buri (1991). Depression tendencies were measured using the PHQ-9 (Patient Health Questionnaire-9) scale developed by Kroenke et al., (2001). Meanwhile, loneliness in this study was measured using the UCLA Loneliness Scale (version 3) by D. W. Russell. (1996) through adaptation by Hudiyana et al., (2022).

Result

General Description of Respondents

This research aims to examine the influence of parenting styles on loneliness and depression tendencies in adolescents aged 12-23 years. Data collection was carried out by distributing online questionnaires using Google Form. The number of research respondents obtained was 164 respondents.

Description of Respondent's Gender

The following is a frequency distribution table based on the age of the respondents, which can be seen as follows:

Table 1.
Frequency Distribution Based on Sex

Sex	Frequencies	Percentages (%)
Female	102	62,2
Male	62	37,8
Total	164	100,0

Based on the table above, it can be concluded that the respondents were dominated by female respondents with a percentage of 62.2 percent and 37.8 percent male respondents with an age range of 12 to 23 years.

Descriptive Data Analysis

Categorization Analysis of Parenting Styles

Table 2.
Categorization of Parenting Styles

Categories	Frequencies	Percentages (%)
Authoritarian	4	2.4
Authoritative/democratic	124	75.6
Permissive	31	18.9
Mixed	5	3.0
Total	164	100

Based on the table above, it can be concluded that the majority of respondents in this study had a democratic parenting style, namely 124 respondents or 75.6% of the total respondents.

Categorization Analysis of Loneliness Variables

Table 3.
Categorization of Loneliness

Categories	Frequencies	Percentages (%)
Low	4	2.4
Moderate	134	81.7
High	26	15.9
Total	164	100

Based on the table above, it can be concluded that the majority of respondents in this study had a level of loneliness in the medium category, namely 134 respondents or 81.7% of the total respondents.

Depressive Tendencies Analysis

Based on table 4, it can be concluded that the majority of respondents in this study had a tendency to depress in the moderate category, namely 52 respondents or 31.7% of the total respondents. It can be seen in the table above that only 23 respondents did not experience depression. This means that 86% of all respondents indicated experiencing depression from mild to severe levels.

Table 4.
Categorization of Depressive Tendencies

Categories	Frequencies	Percentages (%)
No depression	23	14.0
Mild	45	27.4
Moderate	52	31.7
Moderately Severe	28	17.1
Severe	16	9.8
Total	164	100

Correlation Test

The multiple linear regression test was used to test the hypothesis in this study. However, before performing the regression test, a correlation test is first performed on the three variables. The results of the correlation test using the Pearson's correlation are shown as table 5 below:

Table 5.
Pearson Correlation Test Results

Variable	1	2	3	4	5	6	7	8	9
1. Education	—								
2. Income	0.467 ***	—							
3. Age	-0.074	-0.174 *	—						
4. Sex	-0.139	-0.124	0.057	—					
5. Democratic	0.078	-0.016	-0.129	-0.036	—				
6. Authoritarian	0.092	0.060	-0.108	-0.200 *	-0.038	—			
7. Permissive	0.154 *	0.022	0.031	-0.032	0.546 ***	-0.097	—		
8. Depression	-0.168 *	-0.087	0.228 **	0.128	-0.294 ***	0.063	-0.216 **	—	
9. Loneliness	-0.113	-0.207 **	0.227 **	0.234 **	-0.009	-0.111	-0.005	0.311 ***	—

* p < .05, ** p < .01, *** p < .001

The results of the relationship test showed that perceptions of democratic parenting ($r = -.294$, $p < .01$) and permissive ($r = -.216$, $p < .01$) had a significant negative relationship with depression. Where the higher the child's perception of democratic and permissive parenting by parents, the tendency for depression in children will decrease. However, the table above shows that there is no relationship between parenting style and the respondent's level of loneliness.

Regression Test

The results of the multiple regression test show that 8% of the variance in the depression variable can be explained by the authoritarian, permissive and democratic parenting variables ($F=4.616$, $p<.01$), while only 1.9% of the variance in the loneliness variable cannot be explained by the parenting style.

Table 6.
Regression Test Results of Parenting style on Tendencies to Loneliness and Depression

Variabel	Kesepian			Depresi		
	B (SE)	t	p	B(SE)	t	p
Intercept	31.425 (3.851)	8.160	<.001**	23.131 (3.346)	6.913	<.001**
Democratic	-0.054 (0.102)	-0.527	0.599	-0.197 (0.089)	-2.219	0.028*
Authoritarian	-0.054 (0.102)	1.750	0.082	-0.007 (0.075)	-0.091	0.927
Permissive	-0.026 (0.103)	-0.253	0.801	-0.081 (0.089)	-0.085	0.366
R ²	0.019			0.080		
ΔF	1.023			4.616**		
df1,df2	3,160			3,160		

** $p<.01$, * $p<.05$

The regression results also show that democratic parenting has a significant negative effect on reducing depression ($B= -.197$, $p<.05$). These results show that the higher the child's perception of their parents' democratic parenting style, the lower the level of depression felt by the child. These findings indicate that research hypothesis 1 is accepted.

However, all three parenting styles did not affect loneliness. Interestingly, child loneliness levels differ substantially among democratic, permissive, and authoritarian parenting styles. Children who see their parents as using a democratic parenting style are less lonely ($(F (5,158) =2.670$, $p<.01)$) compared to other parenting styles.

This research also shows that the sex of the respondents has a significant difference in perceiving the parenting style that parents apply, where female respondents are more likely to perceive that their parents apply an authoritarian parenting style ($M=34.38$, $SD=5.601$), [$t(162) = -3.061$, $p = .03 < .05$] when compared with male respondents ($M= 31.21$, $SD=7.620$). The results of this research indicate that Indonesia adheres to eastern culture which views girls as tending to be more "supervised" than women because it is considered an effort to protect them.

Furthermore, there are differences between sex and levels of loneliness. Results showed that girls ($M=30.43$, $SD=5.696$), [$t(162) = 2.585$, $p = .015 < .05$] were also more likely to experience higher levels of loneliness than boys ($M= 33.02$, $SD =6,936$).

Conclusion

The results of the research above show that only democratic parenting has a significant negative influence on the tendency to depression in adolescents. This means that the more teenagers perceive their parents' parenting style to be democratic, the lower the tendency for these teenagers to experience depression. Meanwhile, perceptions of the other two types of parenting styles, namely authoritarian and permissive, have no effect on the tendency to depression.

The significant influence between democratic parenting and a low tendency for depression in adolescents is in line with a study conducted by Ramadhanti (2020) which concluded that democratic parenting is considered the best parenting pattern. Democratic parenting style can shape a child's personality and psychological condition, especially in adolescence. Apart from that, this research also shows that respondents who perceive their parents implementing a democratic parenting style have lower levels of loneliness. Democratic parenting, which often involves positive quality communication between children and parents, is one of the factors causing this finding. Teenagers who communicate with their parents in a quality manner are less likely to feel lonely. They can trust their parents as figures who understand them and can share all the problems they face (Savitri, 2009).

This research also found several interesting findings. From the data it appears that 86% of respondents in this study experienced a tendency towards depression in the mild to severe category and loneliness at a moderate level of 81.7%. These findings reinforce the data presented earlier that depression is a problem that many teenagers still experience. In this research, especially teenagers in Jakarta.

Apart from that, this research also found that women tend to perceive their parents as implementing an authoritarian parenting style and are more likely to experience higher levels of loneliness compared to men. This is in line with research conducted by Wedaloka and Turnip (2019) which found that teenage girls have higher levels of loneliness than

teenage boys, both emotionally and socially. Previous research conducted in Morocco and four Caribbean countries found that women are more vulnerable to experiencing loneliness because women experience puberty earlier than men (Aisyah, 2022). Women are also considered to have more complex affective needs. This condition makes women more vulnerable to loneliness than men (De Jong Gierveld 2006 in Wedaloka 2019). Meanwhile, men tend to cover up what they feel because of cultural norms of masculinity that have always been maintained since adolescence (Clark, 2020). In this case, the presence of parents in adolescents' perspectives should be studied further, because findings show that more female adolescents experience loneliness than male adolescents (Umami, 2015)

Another finding from this research is that respondents who perceived that their parents implemented a democratic parenting style had lower levels of loneliness. In line with research conducted by Rafiee, S and Chehrei, S (2016) which found that the perception of authoritative (democratic) parenting was negatively related to loneliness. This means that authoritative parenting has an important role in creating children who are not lonely.

Suggestion

Based on the above findings, it is recommended that further research be conducted to examine the relationship between parenting styles and loneliness and depression tendencies in a larger population, as this research is still limited. The results of this research provide important information that the problem of adolescent depression is real for parents and mental health professionals. Preventive measures are needed that can begin at the family level. The research findings that democratic parenting is negatively related to depression tendencies and makes children feel less lonely shows how important the role of parents is.

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