

# The Influence of Authoritative Parenting Style on Adolescent Autonomy

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**Abstract**—Most Javanese and Sundanese mothers still use the authoritarian parenting style which result in problems of adolescent autonomy. This study aims at evaluate the influence of parenting authoritative style on adolescent's autonomy. An *ex-post facto* prospective research is conducted on 381 adolescents of Junior High School at Grade 9 in Ponorogo collected using a *proportional cluster random sampling technique*. The research instruments consist of the parents' authoritative parenting scale (22 items) and the autonomy scale (45 items). Both scales were then examined using content analysis and alpha Cronbach to show the validity and reliability. A simple regression was conducted to analyze the data. The value of determination coefficient ( $r^2 = 0.048$ ) showed that 4.8% of the adolescent autonomy variance was explained by the Authoritative Parenting variables, while the rest of 95.2% was explained by the other variables not examined in this study. There was a significant influence of authoritative parenting styles on adolescent autonomy ( $p = 0.000 < 0.05$ ). It can be concluded that authoritative parenting style may predict the adolescent autonomy.

**Keywords**—authoritative parenting, autonomy, adolescent

## I. INTRODUCTION

Adolescence is a critical human life period which has an important role for the development of individuals since it is a transition period from childhood to adulthood and associated with a risk-taking behavior period as well as the increasing emotional reactions [1] which are typically followed with the social and school environment changes, such as spending less time with parents and more with peers, along with the increasing autonomy [2]. Parenting has an important role for the development of adolescents' tasks that they experience various biological, behavioral, and social changes [3]. One of all parenting style that has a positive impact is authoritative parenting. Authoritative parenting is a parenting style which encourages adolescent to become independent, yet still within the parents' boundaries and controls. Parents with their authoritative style often verbally communicate on a reciprocal basis, and become more friendly [4].

Authoritative parents are related to positive behaviors, including the increasing competence, autonomy, self esteem and better problem-solving skills, academic performance, autonomy, and relationship with their peers [5,6].

The above explanations show the authoritative parenting relationship with some positive impacts, such as autonomy. Autonomy is one most important task development for adolescents. Autonomy is an individuality which means releasing or separating one's self from the others' instructions and supports [7]. Autonomy is also defined as the ability to think and act without depending on others. Autonomy contains indicators, such as: no longer see parents as ideal persons, viewing parents as adults in general, not dependent on parents, feeling as separated persons from parents, having freedom of mind regarding to morals and politics, having beliefs based on the public interest principles, having beliefs resting on personal values, making own decisions, and being able to determine their own choices, refer to [8]. Good adolescent autonomy influences their success in developing and establishing identity, while their failures in developing autonomy become obstacles in developing identity. Nowadays, adolescents have frequently faced various problems. The ability to face and solve those problems is related to the individual mechanisms when facing a problem, whether the individual is willing to face or avoid the problems. Adolescents who have good autonomy development tend to be active in dealing with problems faced, both at home and school [9].

The research shows that most Javanese and Sundanese mothers expect that their children obey their parents' will that adolescents face the conflicts between their own or the parents' will. In facts, they are still economically dependent on their parents [10]. Based on above explanations, the researchers would like to examine whether or not authoritative parenting style influences adolescent autonomy. Thus, the research hypothesis is formulated that authoritative parenting style influences adolescent autonomy.

This research is conducted in Ponorogo Regency, especially the Junior High School students at grade IX with the average age of 14-15 years old which are included into adolescents. According to the Women and Children Empowerment Office (known as *KPPA/Pemberdayaan Wanita dan Anak*) there are 80% of adolescents in Ponorogo failed to graduate due to the lack of parents' attention.

## II. LITERATURE REVIEWS

The research conducted by reference [6] entitled "*The Relationship between Mother's Parenting Style and Social Adaptability of Adolescent Girls In Isfahan*" on 737 adolescents using questionnaires. The research results show that autonomy (social adaptability) has a greater correlation with parenting style which is permissive and authoritative than in the authoritarian and indifferently parenting style.

Similarly, this research has the authoritative and autonomous parenting style variables with the same subject. The differences found in this research cover the existence of other parenting styles consisting of authoritative as the observed variables, while the research focus is only on one parenting type, that is, authoritative parenting.

Other studies conducted by reference [11] entitled "*Relationship between adolescent behavioral autonomy and parenting styles*" on 758 adolescents aged 12-20 years old collected using autonomy and parenting style questionnaires. The results show that the adolescents with authoritative parents have more autonomous behaviors than those with permissive, authoritarian-indulgent parents. Meanwhile, the adolescents with permissive-indulgent parents have more autonomous behaviors than those with permissive-neglectful, authoritarian parents.

It is related to this research which similarly examine the parenting style and autonomy on adolescents, yet this study only focuses on one parenting style, that is, authoritative parenting style. The research conducted by Musaagaoglu and Gure examines all types of parenting style. The autonomous variables discussed in this research is the general autonomy containing three dimensions, including emotional, cognitive, and behavioral autonomy, while the previous studies examine one dimension only, that is, behavioral autonomy. The addition of gender and age range becomes the differentiator of this research.

Thus, the results of this study may reinforce those of the previous studies, in which authoritative parenting style has a significant influence on adolescent autonomy.

## III. MATERIAL & METHOD

### A. Design

This study employs a quantitative approach with a regression analysis method to investigate

the influence of authoritative parenting style on adolescent autonomy.

### B. Participant

The subjects of this study are adolescents aged 14-15 years old. The Population is grouped into two categories: rural and urban population, related to the title of this study which is in line with the explanation of the previous studies that in urban areas in which families are economically satisfied usually have more democratic (authoritative) parenting style, while those in rural areas usually have authoritative and permissive parenting style, refer to [12]. Moreover, in this adolescent period, autonomy is a part of their rapidly developing tasks as proposed by Hurlock, reference [13]. The total number of Junior High Schools available in Ponorogo Regency is 87 schools which are then grouped into two categories: those in rural and urban areas. The data division of rural and urban areas is obtained from the Regional Research Body (known as *BAPEDA/Badan Penelitian Daerah*) of Ponorogo Regency.

The sampling size in this study is taken from Yamane theory, refer to [14]. The samples obtained in this study are 381 of 8.128 adolescent students (population). Moreover, the researchers use a *cluster sampling technique* to represent the rural and urban groups. Based on data from The Research and Development Body (*Litbang*) of Ponorogo Regency, the areas included in urban category are 4 sub-districts, while those included in the rural category are 17 sub-districts. The rural or urban categorization is based on layout, population, facilities, services and markets.

50% of the rural area clusters are then proportionally and randomly taken by 8 out of 17 sub-districts. Subsequently, the urban area clusters are proportionally and randomly taken by 2 out of 4 sub-districts. Thus, the result is 10 sub-districts. Based on the calculation, it is estimated that the number of students have already met the required samples which are conducted with a *proportional cluster random sampling technique*.

### C. Data Collection

The data are collected using questionnaires provided with alternative answers. There are two questionnaires in this study. The first is parents' authoritative parenting style questionnaires with a total of 22 statement items and answer choices of never, sometimes, often, and always. The questionnaire is based on Baumrind theory using the indicators of warmthful, child control (setting standard), appreciating children's opinions (giving opportunities), and facing children rationally (giving encouragement). The second is autonomy questionnaires with a total of 41 statement items and answer choices of disagree, less agree, agree, and strongly agree. The autonomy questionnaires refer to

Steinberg's theory, reference [12] which has three aspects, consisting of emotional, cognitive and behavioral autonomy. Both questionnaires should be completed by checking the answers which are in Likert scale the score ranges from 1-4. The higher the score is obtained, the higher the adolescent autonomy and the authoritative parenting style.

#### *D. Data Analysis*

The analyses are entirely conducted using Windows SPSS version 20.0. The non instrument validity test is a content validity test based on the experts' opinions. The questionnaire starts by describing the each variable's indicators to measure. Based on the experts' assessment, those with the related competence in psychology are authoritative parenting style and autonomy. Thus, those instruments are considered relevant to the research variables. Construct validity is then conducted to examine the selected items and the results show that all statements items in authoritative parenting instruments are considered meeting the criteria and no item is considered failed. Meanwhile, the results of autonomy variables show that 4 items are considered failed as not meeting the criteria. They are item number 2, 18, 26, and 27. Thus, the autonomy questionnaire consists only 41 out of 45 statement items.

The reliability test is then conducted using Cronbach Alpha. The results show that it is considered reliable as the Alpha Instrument reliability index of the authoritative parenting style is 0.725 and the autonomy is 0.712. The researchers initially conduct prerequisite tests covering normality, linearity and heteroscedasticity test before examining the hypotheses using a regression analysis.

### IV. RESULT AND DISCUSSION

#### *A. Result*

The authoritative parenting style questionnaires consist of 22 statement items with 381 respondents. From the data obtained, it shows that the maximum value is at 87.00; minimum value at 43.00; Mean (M) at 64.62; Median (Me) at 64.00; Modus (Mo) at 66.00; and Standard Deviation (SD) at 8.085.

The respondents' perception tendency in authoritative parenting style has a high category with 67 respondents (17.59%), middle category with 239 respondents (62.73 %) and low category with 75 respondents (19.69 %). Thus, it can be concluded that the respondent's perception tendency on authoritative parenting style is mostly at the middle level and considered in a good category.

The autonomy questionnaires consist of 41 statement items with 381 adolescent respondents. From the obtained data, it shows that the maximum value is at 138.00; minimum value at 87.00; Mean (M) at 113.19; Median (Me) at

113.00; Modus (Mo) at 113.00; and Standard Deviation (SD) at 8.883.

The respondents' perception tendency on autonomy has a high category with 67 respondents (17.59%), middle category with 266 respondents (69.82 %), and low category at 48 respondents (12.59 %). Thus, it can be concluded that the respondents' autonomy perception is mostly at the middle level and considered in good a category.

The results of normality test conducted using Kolmogorov-Smirnov test on authoritative parenting style and autonomy are respectively at is at 0.055 and 0.187. It means that the data population is considered normal as its decision criterion is that if the significance is  $> 0.05$  then the data are derived from a normally distributed population.

Meanwhile, the linearity test is conducted using SPSS software by looking at ANOVA Table in the Linearity Deviation lines. The results of linearity test show that there is a linear relationship between authoritative parenting style variable with autonomy variable with the Linearity Deviation Significance of 0.075. The decision criterion is that if the significance is  $> 0.05$ , then there is a linear relationship between variable X and Y.

Furthermore, heteroskedastisitas test is conducted using a Park Test with SPSS software. It is found that there is no heteroscedasticity in the regression of Authoritative Parenting style variable with an absolute residual autonomy variable due to the decision criterion that if the significance is  $> 0.05$ , then there is no heteroscedasticity.

The results of regression analysis for the hypothetical testing show that the correlation coefficient value of  $r = 0.219$ , determination coefficient of  $r^2 = 0.048$  with Sig. = 0.000. Because Sig. = 0.000  $< 0.05$ , it means that  $H_0$  is rejected. Thus, it can be concluded that at the significance level of 0.05, authoritative parenting style significantly influences adolescent autonomy. The determination coefficient of  $r^2 = 0.048$ , it means that 4.8% of the autonomy variable variance is explained by the authoritative parenting style variable, while the rest of 95.2% is explained by the other variables not examined in this study.

The SPSS output obtains the coefficient value of X is 0.241, while the constant number is 97.614. Based on those figures, a simple regression line equation is formulated as follows.

$$Y = 97.614 + 0.241 \quad (2)$$

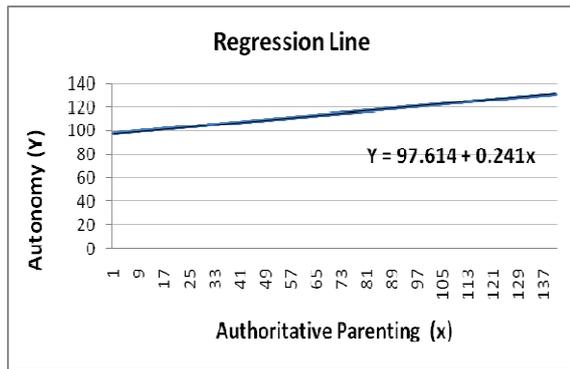


Fig. 1. The results of Authoritative Regression Line

**Definition ;** If  $X = 0$ , then  $Y = 97.614$ , If  $X$  is increased by one unit, then  $Y$  may increase by  $0.241$ . If  $X$  is increased by two units, then  $Y$  may increase by  $0.482$ , and so forth.

TABLE I. THE SUMMARY OF HYPOTHETICAL TESTING RESULTS

Variable	R	r <sup>2</sup>	Cons	Coef	B	Sig.	Cons
Authoritative Parenting style Autonomy	0.219	0.048	97.614	0.241	0.219	0.000	Sig.

*B. Discussion*

Based on the results of regression analysis, it shows that authoritative parenting style significantly influences adolescent autonomy. It means that authoritative parenting may predict adolescent autonomy. This result is in line with reference [5] stating that authoritative parenting style encourages adolescents to have positive behaviors, such as improving competence and self-esteem as well as better problem-solving skills, academic performance, autonomy, and relationship with peers with no deviations. The results of this study also support the previous research conducted by reference [6], [11], [15], in which the research results show that authoritative parenting style is a parenting style which mostly influences autonomy.

This study is conducted on adolescents aged 14-15 years old since at this stage, the adolescents are at a period of *identity vs identity confusion* to seek their self-identity, entirety, and life purposes [16]. Adolescents are highly sensitive at this stage and may involve in risk-taking behaviors along with their exploration. Thus, the developmental task, such as autonomy is greatly necessary to enter the adulthood period and minimize the possible risks.

Based on the research conducted by reference [17], it is found that the passion to obtain greater autonomy is in adolescent stage because adolescence is a transition from children to adulthood which is considered as a stage for self-discovery [18].

The authoritative parenting style variable is measured using four indicators, covering the warmthful, child control (setting standard), appreciating children's opinions (giving opportunities), and facing children rationally (giving encouragement), Baumrind refers to [19]. The results of analysis show that the respondents' perception on most authoritative parenting style is 62.73% classified into medium category. The autonomy variable is measured by three aspects, such as emotional, cognitive, and behavioral autonomy. Those three aspects are specified in eleven indicators based on the theory [8]. Most autonomy (69.82%) is at a medium level. Furthermore, with a simple regression analysis on the hypothesis, authoritative parenting style influences adolescent autonomy that the results indicate that  $H_0$  is rejected. It means  $H_a$  may be accepted with a significance value =  $0.000 < 0.005$ . Approximately, 4.8% of autonomy variable variance is described by the authoritative parenting style variable.

From above descriptions, it can be concluded that authoritative parenting style significantly influences autonomy. It means that authoritative parenting style may predict adolescent autonomy. This study finds that authoritative parenting style applied to children influences 4.8% autonomy. This finding is supported by previous results of a research conducted by reference [6], that autonomy has a greater correlation to permissive and authoritative parenting style patterns than on authoritarian and indifference parenting style. This finding is also supported by the results of a research conducted by reference [10], that adolescents who consider their parents with authoritative parenting styles have more autonomy behaviors than those who consider their parents with permissive, authoritarian-indulgent parenting styles.

V. CONCLUSION

From the results of quantitative research data analysis on "the influence of authoritative parenting style on adolescent autonomy", it is concluded that authoritative parenting style significantly influences adolescent autonomy, precisely at the age of 14-15 years. It means that authoritative parenting style may influence the growth of adolescent autonomy with an effective contribution of 4.8%. The more the parents provide authoritative parenting style, the better the adolescent autonomy will be. The research results are expected to be used as a reference for developing adolescent autonomous behaviors. In addition, the results of this study may also be utilized as a socialization material for the communities, especially parents to improve their knowledge on how good parenting style may improve adolescent autonomy. For the next researches, it is expected that the variables should be added more since this research only use two variables of parents' authoritative parenting style, and adolescent autonomy. Thus, other factors are required to figure out their influence on

adolescent autonomy. In addition, it is expected that the next researches are conducted to overcome the encountering weaknesses in this research.

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