

# Contribution of the Parents' Authoritarian Parenting to the Primary School Children Stress

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**Abstract**—Authoritarian parenting is one form of parenting applied by parents in educating their children. Through authoritarian parenting, parents have full authority in determining the various actions that the child should perform. Communication is a one-way walk that is parents to children. Children are less likely to be given the opportunity to determine what action to take on a self-made decision. These conditions are considered to give negative pressure on the child. Responding to the issue, this study aimed to determine the contribution of parents authoritarian parenting to the stress of the fifth graders of elementary school in the central area of Yogyakarta. This study applied quantitative approach with correlational research type. The sample of this research were 155 fifth graders from 6 elementary schools in the central area of Yogyakarta City. The sampling technique used proportional random sampling. The form of the scale instrument was used to collect the data. The findings of this study were analyzed using Pearson product moment then displayed in the form of statistical figures supplemented with interpretation. The results show that parents' authoritarian parenting style contributed to stress raising in the fifth-grade elementary school students in downtown Yogyakarta. Parents' authoritarian parenting contributes to stress in children by 37.9%, while the other 62.1% is contributed by other factors. The parenting form of parents by demanding the children to get a high score report into the form of parents authoritarian parenting that most bring out stress conditions in primary school children.

**Keywords**—*parents' authoritarian parenting, stress*

## I. INTRODUCTION

Parents' Authoritarian parenting became one of the important issues in the world of international education related to the children development. Activity in educating children with fully parental authority does not always have a good impact on children. Based on research in one of the developed Asian countries, Japan, shows that authoritarian parents have negative effects on children's mental health [1]. Some teenagers in Japan have poor mental health after being cared for by parents with authoritarian parenting. Similar conditions are also found in China, in the study [2] found that the damaging effects of authoritarian parenting are mediated by children's negative coping strategies, , which suggests that the detrimental effects of authoritarian parenting may be universal and that an authoritarian parenting style is relevant to the development of aggressive behaviour in Chinese young children. "

Poor mental development of children and aggressive behaviour are possible to bring a bad impact on the social life

of children. In addition to the perceived mental stress, the child also does not have sufficient opportunities to interact with peers. This tends to exacerbate the mental condition of children who are already under stress due to the authoritarian attitude of the parents. The mental condition is possible continue to occur as long as the parents still apply authoritarian parenting to their children.

Previous research on the impact of parents' authoritarian parenting on children needs follow-up. Although the study explains that authoritarian parents have a negative impact on the mental health of children, it has not been explained in detail how much the contribution of parental authoritarian parenting to the child's condition. Research findings tend to focus on the differences in the impact of three types of parenting, namely authoritative or democratic, authoritarian and permissive. Respondents studied were confined to adolescents.

Based on the results of the analysis of problems and previous research reviews, researchers intend to review further the contribution of parents authoritarian parenting to stress in primary school children. Parental authoritarian parenting contributions are the focus of this research and are explained through numerical data. The amount contribution of authoritarian parenting can provide a description of the impact of authoritarian parenting scientifically. Parents' authoritarian parenting has certain characteristics that need to be studied and researched. The results were expected to provide information to the public about the characteristics of parents' authoritarian parenting that had a negative impact on children.

The importance of discussion about parents authoritarian parenting is due to childhood developmental tasks that children do at their age. Developmental tasks in late childhood (7-12 years), among others: 1) learning the physical skills needed to play, 2) learning to get along with peers, 3) developing inner words, morals and value scales; and 4) developing attitudes toward social groups and institutions [3]. Less playing children grow into stiff, depressed, and stressful children [4]. Stress that appears in children has a chance in causing a change of state in the body that can be characterized by two symptoms namely, physical symptoms and psychic symptoms. Symptoms of physical disorders that often arise are chest pain, diarrhoea, headache, nausea in the stomach, heart palpitations, fatigue, easy sleeping and others. Meanwhile, the symptoms of psychic disorder that often arise are irritability, weak memory, difficulty concentrating, difficulty completing tasks, impulsive behaviour, reduced ability, unable to relax at the right time, not resistant to noise

or other disturbance [5]. Thus, the authoritarian parenting patterns of parents in educating children tend to provide emotional stress in the form of stressful that results in hasty conditions for the child.

Authoritarian Parenting Style is defined as a low-response, highly demanding parenting style, characterized by strict control and limited emotional support [3]. When parents show a more authoritarian parenting style they tend to be more demanding and directive with their children [6]. The authoritarian style is reflected in a rigorous assessment of attitudes and behaviour. The child is made to understand that there are certain ways of behaving that must be obeyed; otherwise, there will be consequences in the form of punishment [2]. The authoritarian parent strives to make his son obedient with all the instructions given by the parents, so it can be said that the pattern of authoritarian parenting is a parenting pattern that is identical to the form of parental supervision to the child to obtain obedience and submission of children [7]. Thus, authoritarian parenting generally can be interpreted as a parenting pattern that shows the full authority of the parent in managing all matters relating to the child followed by the submission of the child.

The authoritarian family also emphasizes strength and conformity; consequently creating an atmosphere in which fear and anger predominate [8]. Children in authoritarian families are expected to be seen and admired by the crowd. The child's desire is not heard by the parents and the child must obey the parents to do something like the parents want. There is no room for negotiation, the rules are handed down from the parent to the child and there is little allowance for discussion or emotional openness [2]. Children are described as parents as good and quiet children, and displayed by parents as objects, not people. Parents tend to compete in showing the superiority of their children than their friends, relatives, neighbours, and anyone else associated with them [9]. Most of the obedience and tranquillity of these children is their fear of the demands and punishments parents will be given when children disobey their parents. Although the child looks calm in doing the parents' wishes, the parents' authoritarian parenting style provides a great deal of distress to the child and this will be fatal to the child's development if it is going for a long time.

Developmental conditions of children will be different if getting parenting patterns that gives rights and demand obligations on children in balance. Parents who are good at nurturing and demanding are called dilatative or ideal parents, whereas lowly parenting and demanding parents are classified as negligent [7]. Authoritative parenting is also called democratic parenting. Children living in an authoritative family environment tend to receive the optimal balance between parental care and persistence and, as a result, often display the best behavioural, emotional, and psychological adjustments. This style manifests in the control of family conditions at a time of equal disagreement with guidance, explanation, flexibility, openness to negotiation, tolerance and acceptance of individuality [3]. Equal care and demands are the main characteristics of authoritative parenting. By contrast, authoritarian and permissive parents are the most unbalanced, least committed parents, and found that their children are the most incompetent and less well-conditioned [10]. Authoritarian and permissive parents do not understand

the portion of child care and tutoring. As a result, the child becomes difficult to cooperate with the willingness of parents.

Permissive parenting is the opposite of authoritarian parenting. When comparing authoritarian parents with permissive parents, the first is to be weak in building enabling environments (such as physical and verbal affection, engaging in the activities of their children), but they are obsessive in creating a climate of demands (including monitoring and setting limits) [7]. Permissive parents try to behave not to be an acceptor, and to be affirmative of the impulses, desires, and actions of children. They make little demands for household responsibilities and orderly behaviour. Permissive parent authorities seek to direct children activities but rationally, problem-oriented. These parenting patterns show a high degree of responsiveness to children and low levels of child obedience [3]. Conversely, authoritarian parents provide an emotional environment different from the permissive home environment, tend to be less appreciative of children. Authoritarian parents seek to establish, control, and evaluate the behaviour and attitudes of children according to a set of behaviour standards, usually absolute standards, theologically motivated and formulated by higher authorities [1]. Therefore, permissive parents tend to spoil their children, obey the wishes of the child and provide many opportunities for children to show their potential, but lack the firmness in cracking down on children.

Authoritarian parents can be identified through the characteristics of authoritarian parenting. Authoritarian parenting has special characteristics that distinguish it from other parenting patterns. A Research [9] found that the main features of the authoritarian personality described can be understood through four criteria that include, 1) power orientation, 2) dichotomous concepts, 3) emotional and intellectual violence, and 4) authoritarian submissions. Authoritarianism consists of high demands and strict enforcement without democratic support and caution and parental or cautious support, while "authoritative" consists of high demands and law enforcement with democratic gifts and support while at the same time encouraging children's independence, and parents support [1]. The lack of democratic attitudes and support for the wishes of the child becomes the main characteristic that is easily observed in an authoritarian parenting style.

The application of authoritarian parenting also has a different form with authoritative and permissive parenting. The form of parents' authoritarian parenting includes all aspects of the activities undertaken by the child. The scope of children education included in the world of children which most get authoritarian parental treatment [11]. The forms of authoritarian parental attitudes toward their children in the field of education are, firstly, parents have high ideals towards their children, so parents give orders to their children to achieve such goals parents want. Second, parents often force their children to read or learn things to attract the attention of parents. Third, the children should get high scores in their report book, the child must be able to play music, and so forth. In accordance with that statement, [3] the characteristics of parental authoritarian attitudes include: 1) all things related to children arranged by parents, 2) children are always dependent on parents, and 3) children have power creativity is low because of the restrictions in thinking and behaving. Authoritarian parents tend to rule the child to do everything

the parent wants on the ground that the child can reach many achievements or become someone the parent wants.

Implementation of parental authoritarian parenting that is not in accordance with the wishes of children can adversely affect the child. The negative effects of parents' authoritarian parenting are more dominant than positive ones. The research findings in [1] explain that parents' authoritarian parenting has many negative effects on later child mental health. Supporting the findings of the study in [12], it is mentioned that parents' authoritarian parenting has a negative impact on children, among others: 1) the child feels the loss of his personality by being forced to follow the wishes of his parents, 2) the child has feelings of hate against the parents, 3) the child becomes deprived of enthusiasm, and 4) the child's learning motivation changes, the child learns not because of his plans and desires anymore, but merely because of his obedience to the parents. Furthermore, in [11] the impacts arising from the parenting authoritarian parenting of children's education are: 1) the child may not be happy because his or her direction and purpose are not his or her own; 2) children who are less able to realize the wishes of their parents to feel depressed; 3) the child can develop into an awkward child in association, always tense, worried, indecisive and even unstable; 4) while studying in school, children easily run to cheat, do dishonesty, rebel against their parents in secret, or become an apathetic child; 5) the child will have feelings of inferiority, and lose self-confidence and 6) the child does not dare to take responsibility because since childhood is used to fear and obedience to parents. The negative impact of parents' authoritarian parenting is dominant in the deteriorating mental condition of children such as feeling depressed, worried, tense, fearful, low self-esteem, loss of confidence and apathy.

Various literature reviews suggest that authoritarian parenting is associated with stress that appears in children. Based on the review of various literatures, this study was conducted with the aim to examine the contribution of parents' authoritarian parenting to stress in primary school children. The amount of contribution on parental authoritarian parenting can provide a clear picture of the impact of authoritarian parenting patterns scientifically. The amount of data on parents' authoritarian parenting contributions to stress on the child will be useful as important information for education and parents specifically to formulate the best parenting pattern that should be given to the child.

The rest of this paper is organized as follow: Section II describes proposed research method of this work. Section III presents the obtained results and following by discussion in section IV. Finally, Section V concludes this work.

## II. PROPOSED METHOD

This study used a quantitative approach. In quantitative research, it is necessary to identify a research problem based on trends in the field or the need to explain why something happened [13]. Quantitative methods involve some form of numerical measurement [14]. This study tries to reveal the relationship of two variables or called correlational research [15]. Research is done by researching specific populations or samples, collecting data, using instruments, analysing data to test predefined hypotheses. Collecting data methods used survey methods to obtain data from a certain place that is natural (not artificial) by giving some treatment on the object of research [16]. Surveys rely on individuals' self-reports of

their knowledge, attitudes, or behaviours [17]. Research sampling used proportional random sampling technique, taking samples from each sub population by considering the size of some sub populations in random [18]. In this study, the researcher tried to describe the relationship between parents' authoritarian parenting patterns with stress using data taken and obtained from the respondents in the form of numbers.

The population included in this research is the fifth graders of elementary school with the number of 284 students scattered in one area which is located in the central of Yogyakarta city. The Samples that were taken in this study as many as 155 students from the total population of 284 students spread across six elementary schools, both public and private.

Collecting data techniques that used in this research are Scale. Scale is a set of numerical values assigned to a subject, object or behaviour with the aim of measuring properties [19]. The scale is used in the form of rating scale. Tool to collect data in the form of scale contains statements that must be answered by the respondent. Scale is an efficient collecting data technique when researchers know with certainty the variables to be measured, how to measure the variables and know what can be expected from the respondents. In making the scale of measured items can come from a population or sample. In behavioural or educational research items that are measured usually emphasize more on items derived from the research sample [20].

In this study the scale is used on one independent variable (independent) namely the authoritarian attitude of parents, and one dependent variable (dependent) that is stress. Thus, the technique of collecting data of all variables using a scale.

Scale validity is tested using content validity. The meaning of the content validity is the extent to which the elements in a measuring instrument are really relevant and are representations of the constants corresponding to the purpose of measurement [17]. Technically, the content validity testing is assisted by using the instrument grille. To test the validity of more instrument items, it should be consulted with experts, to be tested and analysed by item analysis [21]. Implementation of empirical test instrument in this research was conducted in one primary school outside the research area that is still located in downtown Yogyakarta with the fifth class respondents as many as 30 students. Based on the results of the instrument test, obtained a number of 22 items of valid 30 items of statement items on the parental authoritarian attitude variable. Meanwhile, on the stress variable, obtained a number of 28 items of valid items from 30 items of the tested statements.

After instrument validity is obtained, then the next step is to calculate instrument reliability. Reliability is calculated using the alpha Cronbach formula. The results of the trial to measure the reliability of the parental authoritarian attitude showed an alpha value of 0.914. Thus, the parental authoritarian parental attitude variable instrument can be said to be very reliable, or has a very high reliability because  $0.914 \geq 0.6$ . The results of the trial to measure students' stress show an alpha value of 0.915. Thus, it can be said that the stress variable instrument that has been tested is very reliable, or has a very high reliability because  $0.915 \geq 0.6$ .

Data analysis starts from prerequisite analysis test. Test Prerequisite analysis consists of test data normality. Normality

test data in this study was conducted using Kolmogorov-Smirnov. The data is said to be normally distributed when the sig value or significance is greater (>) than 0.05, and the data is not normally distributed if the sig value or significance is less (<) of 0.05. The result of normality test showed that the parental authoritarian parent variable has a number of 0.301 and for the stress variable has a number of 0.630. Thus, it can be concluded that parents' authoritarian parenting data and stress are normally distributed because the calculation results show larger numbers (>) than 0.05 (see Table I).

TABLE I. INTERPRETATION OF CORRELATION STRENGTH

Interval Coefficient	Level of Correlation
0,00 – 0,199	Very Low
0,20 – 0,399	Low
0,40 – 0,599	Middle
0,60 – 0,799	Strong
0,80 – 0,100	Very Strong

### III. RESULTS

Data obtained from the scale that has been spread to the respondent, then analyzed based on the total score. The results of data analysis show various forms of information about parents' authoritarian parenting data. The results of the complete parents' authoritarian parenting data descriptions are listed in the following table.

After the data passed through the prerequisite analysis test, the data is then processed in the hypothesis test using a simple correlation test. A simple correlation test is calculated using the Pearson Product Moment formula. The calculation results of SPSS show simple correlation ( $r$ ) and significance (sig) values. Furthermore, the value of significance is compared with the value of  $p = 0.05$ . If the value of significance value is smaller (<) than 0.05, then there is a significant correlation between independent variables ( $X$ ) with dependent ( $Y$ ). Meanwhile, for the interpretation of the strength of the relationship refers to the table below [25], see Table II.

TABLE II. PARENT AUTHORITARIAN PARENTING DATA STATISTICS

N	Valid	155
	Missing	0
Mean		51,61
Std. Error of Mean		,808
Median		51,00
Mode		52 <sup>a</sup>
Std. Deviation		10,056
Variance		101,122
Minimum		29
Maximum		76
Sum		8000

The highest score of parents' authoritarian parenting variables obtained is 76 of the highest possible score of 88. The lowest score of 29 from the lowest possible score is 22. The analysis results obtained the average value or mean of 51.37; median value of 51; frequent values or modes of 52;

and the standard deviation of 10.101. The results of the description of the complete stress data are contained in the following table.

The highest score of stress variables obtained is 83 of the highest score that may be achieved by 112. The lowest score obtained by 36 from the lowest score that may be achieved for 22. The analysis results obtained average value or mean of 59.14; median value of 58; often emerging values or modes of 59; and the standard deviation of 10.798.

The result of the relationship between parents' authoritarian parenting with stress was obtained the amount of correlation coefficient number (recount) by 0.616. Correlation coefficient is positive. The number of significance by 0.000 ( $0.000 < 0.05$ ), meaning there is a significant relationship between the authoritarian attitude of parents with stress. Based on the analysis, it can be concluded that there is a positive and significant relationship between parental authoritarian parenting with the stress of the fifth grade students of elementary school in the central area of Yogyakarta City. These results indicate that there is a contribution of parental authoritarian parenting to stress.

To know the contribution of parents' authoritarian parenting to stress, can be checked through the number of rithung obtained by 0.616 with positive correlation coefficient. The correlation coefficient number of 0.616 indicates that the relationship between parental authoritarian parenting with stress is strong. The contribution of authoritarian parenting to stress is determined based on the coefficient of determination ( $r^2$ ) of 0.379. These figures show that parents' authoritarian parenting contributes to the stress of students at 37.9%, while the other 62.1% is contributed by other factors. Thus, parental authoritarian parenting can be said to contribute strongly to stressing the child, in this case particularly the fifth grader of elementary school.

### IV. DISCUSSION

Data on the field shows that parenting patterns that demand full adherence to children have a great opportunity to bring stress conditions in children. This fact indicates that authoritarian parenting has a character that is not appropriate and difficult to be accepted by children. It was found [6] in the research that when parents show a more authoritarian parenting style, they tend to be more demanding and directive with their children. Parents tend not to hesitate to give orders that are considered to be done by the child. The child is deemed not to have sufficient knowledge to select, perform, and pursue the various activities he needs; so that parents feel the need to take preventive action as early as possible so that children do not act wrong. High parental worry is able to raise a lack of confidence in the child's abilities, causing parents to feel the need to regulate their attitudes and actions.

Authoritarian parenting of children in the family environment is closely related to the social background and knowledge of parents. The study found [4] that parents with relatively higher levels of work and education are more likely to use authoritative practices and tend not to resort to authoritarian practice in child care. The difference in the level of parental insight will be followed by differences in the level of authoritarian education towards his son. Therefore, the authoritarian form of education which is shown to the child will be different in each family. Various forms of parental authoritarian parenting are: 1) having high ideals for their

children, 2) suppressing their children to read or learn things to attract parents' attention, and 3) demanding that children get high scores in the report book and can play music [11]. This form of authoritarian parenting is a form of parenting that is often encountered in authoritarian families. This study attempts to explore the dominant pattern of parenting adopted by authoritarian parents. Based on the data obtained in the field, the form of parenting by "demanding a child get a high score report" into the most selected form of parents' authoritarian parenting by respondents as the cause that bring out stress condition in children compared to other parents authoritarian parenting forms.

The data shows that parents have high demands on children, especially in education. The world of education is becoming the world most occupied by children, so authoritarian parents exert their full attention on children's education. High parental expectations of child report books indicate that parents want their children able to have competitiveness in the classroom with other children. Children are required to be able to get high repetition value, achievement in school or outside school. The high chance of children competing in schools stimulates parents to demand that their children compete with each other in order to gain recognition that their children have an edge. A finding [9] explains that authoritarian parents tend to compete in demonstrating the superiority of their children over their friends, relatives, neighbours, and whoever relates to them. Thus, many parents are flocking to put their children into educational institutions outside the school in the hope that children are getting smarter. Various ways are willing to be taken by authoritarian parents so that their children are able to excel in the classroom.

In its implementation, authoritarian parents often exercise high levels of supervision over activities or actions by the child. Every action a child undertakes is required to match the expectations of the parents. It was found [1

] that parents seek to shape, control, and evaluate children's behaviour and attitudes according to a set of behaviour standards. Behaviour and attitude that do not match the wishes of parents will try to eliminate parents in various ways, either verbally or through punishment. There are parents who are not tired of giving comments to children and some are giving immediate punishment when the child is against the wishes of parents. Strength and conformity is greatly emphasized; consequently creating an atmosphere in which fear and anger predominate [9]. When the child is filled with stress, it will be bad for his mental condition.

The impact of parents authoritarian parenting cannot be underestimated. This is because the condition of children who are experiencing growing and development. At this time, children really need a variety of good nutrition for growth, stimulation and a good response from the family environment, school, and community. If at this stage the child is given great pressure, undesirable activity, and various forms of suppression; then most likely the child will experience problems or disorders in its growth and development.

It was found [] that authoritarian parents had various negative effects on children's mental health later. The child can be exposed to mental degradation due to fear and distress experienced. The negative impacts that could arise include: 1) the child feels the loss of his personality by being forced to

follow the wishes of his parents, 2) the child has feelings of hatred towards parents, 3) the child becomes depressed, and 4) the child's learning motivation is changing, the child learns not because plans and desires again, but solely because of his obedience to the parents [12]. Furthermore, authoritarian parenting can make the child feel unhappy, the child is depressed, the child becomes awkward in the social, the child is easy to do bad deeds in secret, the child is not confident, and the child dare not take responsibility [11]. It can be said that the negative impact of parents' authoritarian parenting is very dominant to create mental degradation in children.

Meanwhile In other findings, the negative impact of authoritarian parenting actually also makes children act more aggressively against the authoritarian parents. It was found [1] that the influence of authoritarian parenting on child aggressive behaviour is mediated by negative coping strategies of children. The way authoritarian parents treat their children, both from the way they speak and act, and then imitated by their children. The child finds it fair to do the same thing that the parents do even if it is rude to others. The result is the child has the courage to take aggressive actions against the parents to oppose the parent's orders, such as snapping, crying, fighting with blows, running away from home, and so on.

The impacts arising from the parents' authoritarian parenting that experts have suggested are forms of psychic stress symptoms. The symptoms of psychic disorder that often arise are irritability, weak memory, difficulty concentrating, difficulty completing tasks, impulsive behaviour, diminished ability, unable to relax at the right time, cannot stand the sound or other disturbances, and uncontrollable emotions [14]. Thus, it can be analysed that the consequences arising from parents' authoritarian parenting have conformity to the symptoms that arise during stress. Symptoms that can be observed is the form of psychic symptoms that can be raised through the behaviour of children. If the parents act authoritarian to the child, then the child may experience symptoms of stress. The symptoms of stress that appear is a symptom of stress that is not good or called distress. The higher parents' authoritarian parenting pattern toward the child will be followed by an increase in stress conditions in the child.

Based on the results of correlation calculations and analysis of the opinions of experts above, it can be concluded that there are parents' authoritarian parenting contribute to bring out stress condition in the fifth grade primary school students in the central area of Yogyakarta. Authoritarian parenting is able to contribute 37.9% to the emergence of stress in elementary school children. The parenting form of parents by "demanding the children to get a high score report" into the form of parents authoritarian parenting that most bring out stress conditions in primary school children. Nevertheless, the calculation results have not fully represent the condition of the respondents in the field. That is, the contribution figures authoritarian parenting of child stress is still likely to rise if followed up with more mature research.

Limitations in the study in this study is the scale of the content that has not been maximized, so it provides the response results that have not been exactly as the researchers expected. Students as respondents also need to be given a gradual understanding so that students are able to provide the maximum response. When students are able to respond well,

it will get the real data that represents the real conditions of the students.

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