

The Role of Fathers' Parenting Stress and His Parenting Styles on Behavior Problems in Children During the Covid-19 Pandemic

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ABSTRACT

The Covid-19 pandemic had a huge impact on the family functioning. Fathers are known to be at risk of experiencing parenting stress which also has an impact on his parenting styles (authoritative, authoritarian, permissive) and their children's internalizing (sad, anxious, afraid) and externalizing (hitting, angry) behavior problems. The purpose of this study was to determine the role of father's parenting stress and his parenting styles on the child behavior problems during the Covid-19 pandemic. This research uses non-experimental quantitative methods with a sample size of 110 participants (age 20 years and over). The results of the analysis found that the level of parenting stress in this study was found to be low ($M=2.3019$). Parenting stress has a role in the child internalizing ($\beta = 0.338$; $p < 0.01$) and externalizing ($\beta = 0.182$; $p < 0.01$) behavior problems, towards authoritative ($\beta = -0.475$; $p < 0.01$), authoritarian ($\beta = 0.592$; $p < 0.01$), and permissive ($\beta = 0.373$; $p < 0.01$) parenting. Authoritative parenting was found to play a role in the child internalizing ($\beta = -0.147$; $p < 0.05$) and externalizing ($\beta = -0.132$; $p < 0.05$) behavior. Authoritarian parenting has a role in internalizing ($\beta = -0.428$; $p < 0.01$) and externalization ($\beta = 0.340$; $p < 0.01$) behavior. Permissive parenting also has a role on child internalizing ($\beta = 0.692$; $p < 0.01$) and externalization ($\beta = 0.404$; $p < 0.01$) behavior. Authoritarian and permissive parenting styles were found to act as mediators in children's behavior problems ($p < 0.05$). However, authoritative parenting does not act as a mediator ($p > 0.05$). This study found that the low parenting stress of the father had an impact on the lower internalizing and externalizing behavior problems in children, and the father displayed a positive parenting styles (authoritative).

Keywords: Fathers, Parenting Stress, Parenting Styles, Child Behavior Problems.

1. INTRODUCTION

In late 2019, the Coronavirus Diseases (Covid-19) pandemic emerged, which started in China and spread throughout the world, until finally in March 2020, the World Health Organization (WHO) declared Covid-19 a global pandemic. Of course, the impact of the Covid-19 pandemic is very large for everyday life in various sectors. Reported in *kompas.com* [1], the economic sector that was severely affected resulted in weakening the business sector, thereby increasing layoffs. The unemployment rate also increased due to the weakening labor market. Therefore, the impact of a pandemic that is so widespread is also very influential on people's lives, including children in the family.

During the pandemic, it was also known that there were problems in children's emotions and problematic behavior of children who became complaints [2, 3]. Children behave aggressively, there is a change in appetite, sleep problems, and mood swings. From the description of the child's behavior, it is often associated with behavioral problems in children [4]. In general, children's behavior that is considered as problematic behavior is children who have aggressive behavior, abuse, anxiety, and depression [5]. Thus, behavioral problems in children can be grouped into two, namely internalizing and externalizing behavior problems [5, 6, 7, 8].

Through an article written by Campbell (1995), it has been summarized about the problem of internalizing

behavior as an anxiety, sadness, and fear, while the problem of externalizing behavior involves physical activity such as aggression and tantrums [9]. Thus, the American Psychological Association (APA) (2013) [10] in the DSM-V uses the terms internalization and externalization as a grouping of disorder. So, internalizing behavior is closely related to anxiety and mood, as well as externalization is closely related to problems that appear in the form of behavior such as aggression [10]. According to Rescorla et al. (2012) [11], the problem of internalizing and externalizing behavior can already be seen in children at the age of three.

Factors that influence the emergence of internalizing and externalizing behavior problems in children, one of which is parenting stress [12]. According to Mak et al. (2020) [4] Parenting stress may be related to behavioral problems in children in the context of family relationships. Moreover, pandemic situations can significantly increase stress and negative emotions in older people [13]. Increased parenting stress in parents as a psychological as well as physiological reaction in an effort to adjust or adapt to the demands that exist as parents [14]. Therefore, parenting stress and child behavior problems need to be investigated further [4], especially during this Covid-19 pandemic.

In addition to parenting stress due to the Covid-19 pandemic, which is feared to be related to children's behavior problems, there is another important factor to discuss, namely the father's parenting styles. In the interaction between fathers and their child during a pandemic, fathers face situations of being involved in parenting and being responsible for meeting their children's physical and psychological needs, such as eating and feeling safe [4]. The behaviors that appear in children are also thought to be due to their father's upbringing [15, 16]. This father's parenting pattern is closely related to children, so it can affect social skills and children's behavior [15]. Fathers also need to understand their role in shaping the behavior of their children [4]. From the explanation above, the role of fathers in parenting can affect children's behavior problems.

Recent research has revealed that parenting stress caused by the pandemic is associated with the emergence of authoritarian parenting styles that have a negative impact on children [17]. This is because parenting stress has increased family violence, including authoritarian parenting and parental consent to children [17, 4, 18]. The negative impact of the emergence of authoritarian parenting and permission are the two parenting patterns that are known to arise when parenting stress arises [19, 4]. Unfortunately, there is no scientific article that specifically discusses parenting stress and parenting patterns during the Covid-19 pandemic.

The most significant cause of stress for parents today is the impact of the COVID-19 pandemic [20]. Fathers

experience job ambiguity, the demands of life and increased family demands, including the demands of raising children are in it. Fathers have the responsibility to provide for their families, give attention and time to meet the needs of their children [21]. Therefore, parenting stress can be defined as "an unpleasant psychological reaction to the demands of parenthood" [4].

Parenting style is a term that is familiar in psychology circles. Baumrind in 1967 in Delvecchio et al. (2020) [22] defines parenting as the efforts of parents in educating their children and so they can socialize in their environment. Parenting styles were initially conceptualized as three dimensions, namely authoritative, authoritarian, and permissive [23]. However, Baumrind (1996) [24] re-conceptualizes parenting, so that it becomes two orthogonal dimensions, namely responsiveness and demand. Furthermore, responsiveness refers to parents who support and understand the needs of children in which there is love, reciprocity, and communication. Then, demands refer to parental education to children such as monitoring what children are doing, disciplining, and scolding.

Of the two dimensions of parenting described by Baumrind (1996), Rinaldi and Howe (2012) [24, 15] write that there are four types of parenting that emerge. The first parenting style, which is authoritative, is characterized by responsiveness and demands. Authoritarian parenting is characterized by demands but no responsiveness. Permissive parenting is characterized by responsiveness but no demands, while neglect parenting is characterized by neither responsiveness nor demands.

From the four existing parenting styles, Grolnick (2003) [25] concluded that authoritative parenting is a parenting pattern that has a good impact, while neglect parenting is a parenting pattern that has a bad impact. However, according to Rinaldi and Howe (2012) [15], neglect parenting rarely occurs in parents who have young children. Thus, Rinaldi and Howe revealed that research in general on parenting styles involving children only uses three types of parenting [see: 26, 27, 4] namely authoritative, authoritarian, and permissive parenting. While neglect parenting is rarely found in parents who have children aged children [15]. Forms of neglect parenting include not monitoring their child's behavior or not supporting their child's interests [28], they only meet basic needs (food and clothing) [29]. So, in this study, researchers focused on the types of authoritative, authoritarian, and permissive parenting.

In general, in addition to the limitations of previous research that have been written in the previous paragraph, there are only a few studies that specifically examine fathers. The majority of study participants were mothers and more were associated with mothers [See 30, 20, 17, 31, 4, 13, 32, 33]. In fact, on the other hand, fathers have

long been known to play a major role in children's growth and development from an early age [30], including playing a role in children's behavior problems [34].

Related to the impact of parenting stress, namely the problem of child behavior. The prevalence of behavior problems in children aged three to seven years was found to be quite high, around 22% [35]. In a study conducted by Basten et al. (2016) [36], it was found that the highest child behavior problems were at the age of six. It is also known that children aged three to seven years who experience behavioral problems will have a negative impact on the child's activities outside the home [35]. Thus, early childhood with behavioral problems who are entering Kindergarten and Elementary School can experience difficulties in motoric, social, language, and school readiness skills and are at risk of experiencing poor academic performance in the long term. length [37].

This research was conducted with the main objective of filling the gap in previous research by focusing on fathers who have children aged three to 12 years. This research on the age of children is important because behavioral problems at a child's age can continue into adolescence and adulthood [38, 39] with the role of fathers being very important in their growth and development. For example, persistent internalizing and externalizing behavior problems in adolescence [40] and increasing the risk of psychological disorders in adulthood [41]. Therefore, understanding and identifying behavioral problems in children is important because it can prevent the emergence of other disorders [42, 35].

This is very important to be investigated further, especially now that the Covid-19 pandemic situation has been going on for more than a year, so that adaptation to

pandemic conditions can occur. Through accepting responsibility, believing in one's own abilities, knowing strengths and weaknesses can help the father's role in parenting [43]. Furthermore, Ufi et al. (2020) [43] revealed that self-acceptance of his role is closely related and has an impact on his adjustment. Therefore, fathers are expected to be able to adjust their role in caring for the Covid-19 pandemic that has been going on for more than a year.

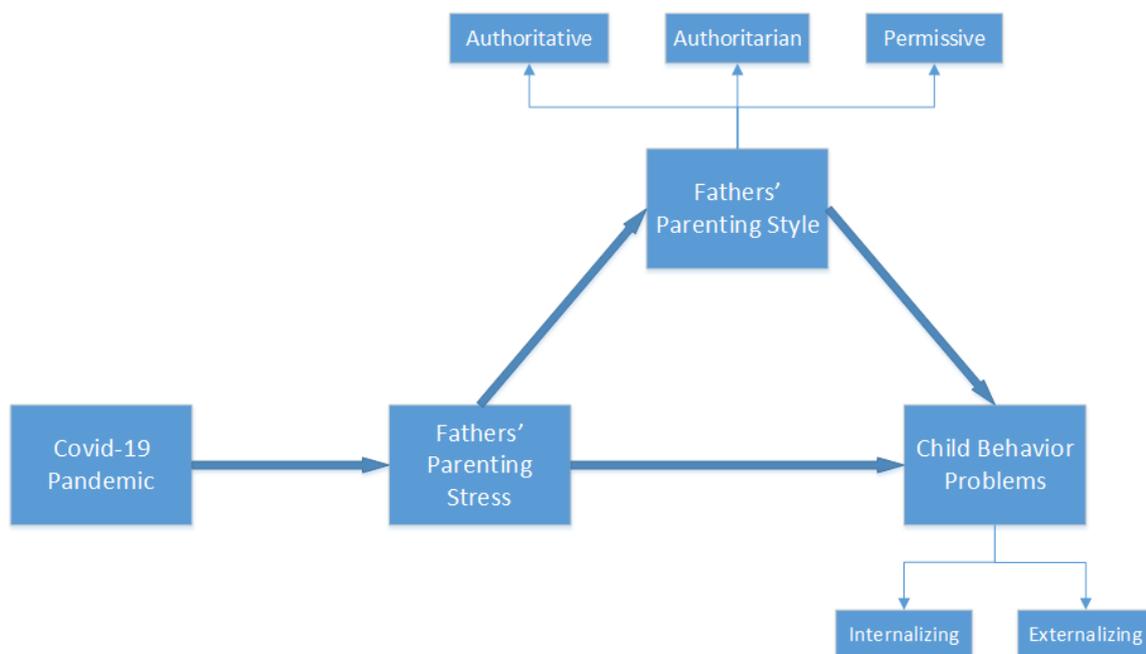
After explaining the research background, the research objectives in this study are to find out a) The role of parenting stress on children's behavior problems during the Covid-19 pandemic; b) The role of father's parenting stress on his parenting pattern during the Covid-19 pandemic; c) The role of fathers' parenting in children's behavior problems during the Covid-19 pandemic; d) The stress of parenting that affects parenting has an impact on the behavior problems of children during the Covid-19 pandemic (See Picture 1).

2. METHOD

2.1 Participants

Participants in this study were fathers who had children aged three (3) to twelve (12) years. Then, the other participant criteria needed were fathers aged 20 years and over. The domicile of the participants is also not limited, but the majority are domiciled in DKI Jakarta. Then, the sampling technique used in this research is purposive and snowball sampling.

The total participants obtained through data collection were 110. Overall, the majority of participants in this study came from DKI Jakarta (n: 55), followed by



Picture 1. Research Frame Work

Cilacap (n: 16), Tangerang (n: 12), Bandung (n: 10), and several other areas (Medan, Bogor, Jogja, Sumpiuh, Malang, Bekasi, Depok, Surabaya, Pekanbaru; n: 17). Then, the age of the participants also varied starting from the age of 20 years to 50 years and over with the majority of participants aged 41-45 years (n: 33). Finally, the majority of the participants' last education was Strata-1 (S1) (n: 56). The majority of the children referred to are first order children (eldest children) (n: 60). In this study, the total number of male and female children was 55. Then, the majority of the total age of the children referred to by the participants was 7 years old (n: 19). Finally, most children currently attend elementary school (n: 71) (see Table 1).

2.2 Procedure

Researchers used Statistical Product and Service Solutions (SPSS) software in the data processing and analysis. The researcher then entered the respondent's data into the SPSS which had been adjusted in the form of numbers so that it could be processed using SPSS. The researcher started the data processing by calculating/looking at the mean parenting stress experienced by the father. The mean of authoritative, authoritarian, permissive parenting, as well as internalizing and externalizing behavior problems of children were also calculated.

Furthermore, the researchers tested the classical assumptions, namely the normality test and the multicollinearity test in order to meet the statistical requirements. The researcher also conducted the reliability test and the validity test of the measuring instrument to see whether the measuring instrument used by the researcher was reliable and statistically valid. Then, the researcher conducted a regression/influence test for the independent variable, the mediator variable, and the dependent variable. Finally, the researcher conducted a mediation test with PROCESS HAYESS in SPSS to see whether there was a mediation contact or not.

2.3 Measures

The parenting stress measuring instrument used is the Parenting Stress Scale (PSS) which was developed by Berry and Jones in 1995 [54] (I am happy with my role as a parent, caring for my child sometimes takes more time and energy than I should give, I am happy with my role as a parent, caring for my child sometimes takes more time and energy than I should give). The measuring instrument is a unidimensional measuring instrument with a total of 18 items (α : 0.915).

Parenting style variable using the Parenting Style and Dimensions Questionnaire (PSDQ) measuring tool developed by Robinson et al. (1995) [55]. The PSDQ consists of three dimensions of parenting styles, namely authoritative (27 items; I know the names of my child's

friends) (α : 0.898), authoritarian (20 items; I scream loudly when my child misbehaves) (α : 0.872), and permissive (15 items; I declared punishment to my son and didn't actually do it) (α : 0.781).

Behavioral problem variables in children were taken using a measuring instrument called Social Competence and Behavior Evaluation (Short) (SCBE-30) which was developed by LaFreniere and Dumas (1996) [56]. This study uses the Anxiety-Withdrawn (AW) dimension (Sad, unhappy or depressed) (α : 0.858) for children's internalization problems and Anger-Aggression (AA) (Easily frustrated) (α : 0.921) for children's externalization problems with 10 items in each dimension.

Table 1. Participants

	n	Percentage (%)
Fathers	110	100
Domicile		
DKI Jakarta	55	50
Cilacap	16	10.9
Tangerang	12	9.1
Bandung	10	14.5
Others	17	15.5
Age (years)		
21-25	6	5.5
26-30	6	5.5
31-35	24	21.8
36-40	30	27.3
41-45	33	30
46-50	6	5.5
>50	5	4.5
Education		
Elementary School	3	2.7
Junior School	1	0.9
High School	31	28.2
Associate Degree	7	6.4
Undergraduate	56	50.9
Graduate	12	10.9
Child		
Male	55	50
Female	55	50
Born		
1 st Born	60	54.5
2 nd Born	41	37.3
3 rd Born	8	7.3
4 th Born	1	0.9
Child's Age (years)		

The measurement scale in this study uses a Likert scale with a scale of 1 (very inappropriate) to 5 (very appropriate). That is, the smaller the score on each item of the questionnaire indicates that the participant does not agree with the statement of the item. On the other hand, the higher the score on each item of the questionnaire, it indicates that the participants agree with the statement of the item. So, the greater the total score, the higher the score for the participants. Hypothetical mean on this measurement is 3, which is, if the variables empirical mean was below the mean hypothetical, indicates that the participants were having low related variables.

3. DATA ANALYSES

Statistical Product and Service Solutions (SPSS) is used in the processing and analysis of internal data. The researcher then entered the respondent's data into the SPSS which had been adjusted in the form of numbers so that it could be processed using SPSS. The researcher started the data processing by calculating/looking at the mean parenting stress experienced by the father. The mean of authoritative, authoritarian, permissive parenting, as well as internalizing and externalizing behavior problems of children were also calculated.

Furthermore, the researchers tested the classical assumptions, namely the normality test and the multicollinearity test in order to meet the statistical requirements. The researcher also conducted the reliability test and the validity test of the measuring instrument to see whether the measuring instrument used by the researcher was reliable and statistically valid. Then, the researcher conducted a regression/influence test for the independent variable, the mediator variable, and the dependent variable. Finally, the researcher conducted a mediation test with PROCESS HAYESS in SPSS to see whether there was a mediation contact or not.

4. RESULTS

The father's parenting stress that has been analyzed results in that the participants have an average score of 2.3, and 3.9 (authoritative), 2.5 (authoritarian), and 2.6 (permissive) for the parenting styles, also 2.6 (internalization), 2.2 (externalization) for the child behavior problems. Using kolmogorov-smirnov, normality test in this research has shown that the data has statistically normal distribution ($p>0.05$). The results of the multicollinearity test showed that there was no multicollinearity ($VIF<10$; $Tolerance>0.1$). So, the

Table 2. Results

	M	<i>p</i>	β	α
Parenting Stress	2.30			
Parenting Styles				
Authoritative	3.93			
Authoritarian	2.59			
Permissive	2.67			
Child Behavior Problems				
Internalization	2.67			
Externalization	2.22			
Normality Test				
Kolmogorov-Smirnov		0.524		
Reliability				
Parenting Stress				0.923
Authoritative				0.888
Authoritarian				0.869
Permissive				0.787
Internalization				0.904
Externalization				0.878
Regression Analysis				
Parenting Stress – Internalization		0.000	0,338	
Parenting Stress – Externalization		0.004	0.182	
Parenting Stress – Authoritative		0.000	-0.475	
Parenting Stress – Authoritarian		0.000	0.592	

variable data obtained meet the requirements to proceed to the regression test stage.

The parenting stress reliability was 0.923, authoritative parenting styles was 0.888, authoritarian parenting styles was 0.869, permissive parenting styles was 0.787, and child internalization problems behavior was 0.878, and child externalization was 0.904. This reliability test showed that all three variables were statistically reliable and valid.

The first thing that will be discussed in this regression test is the effect of stress on overall behavioral problems. The β value of on parenting stress is 0.520, which means that every 1% increase in parenting stress will have an effect on increasing children's behavior problems by 0.520. The effect of parenting stress on children's behavioral problems was found to be statistically significant ($p < 0.05$). Regression test regarding parenting stress on parenting styles in general was also statistically significant ($p < 0.01$). One way with the correlation test that has been done previously is that parenting stress can reduce the level of authoritative parenting raised by parents by -0.475 every 1%. Meanwhile, parenting stress can increase the level of authoritarian parenting (0.592 per 1%) and permissive parenting (0.373 per 1%). Regression test regarding parenting styles to child behavior problems in general resulted in a high statistical significance ($p < 0.05$). This regression test results that every 1% increase in authoritative parenting can reduce the emergence of child behavior problems by -0.147 (internalization) and -0.132 (externalization). Meanwhile, authoritarian parenting (0.428 – Internalization and 0.340 – Externalizing every 1%) and permissive parenting (0.692 – Internalizing and 0.404 – Externalizing every 1%) can increase children's behavior problems. Last, this study found a uniqueness in the mediation analysis. Authoritative parenting style was not found to be a mediator between father's parenting stress and children's internalization and externalization problems significantly ($p > 0,05$). Authoritarian and permissive parenting were found to be mediator variables between parenting stress and child internalization and externalization behavior problems ($p < 0.05$).

5. DISCUSSION

The pandemic phenomenon was expressed by several media that fathers are at risk of experiencing parenting stress which also affects their children. Although said there is a risk, this study found that fathers experienced low parenting stress, fathers also displayed high authoritative parenting and displayed low authoritarian and permissive parenting ($M < \text{hypothetical mean}$). Furthermore, the participants' children were found to have low internalizing and externalizing behavior problems ($M < \text{hypothetical mean}$). This indicates that there is a good father's contribution during the pandemic to his children, so it is in accordance with the

recommendation of the Minister of Education and Culture Nadiem Makarim regarding the contribution of fathers in children's education during this pandemic [57].

The results of the description of the data obtained in this study are encouraging results. This is because the alleged risk of a pandemic reported by the media has been reduced, so that fathers experience low parenting stress, even the participating children themselves have low behavioral problems. This means that fathers have adapted to the conditions of a pandemic that has lasted for approximately one year. Fathers have accepted their responsibilities, abilities, strengths and weaknesses, so that they can adapt [43] to the conditions of the Covid-19 pandemic. Interestingly, the impact of low paternal parenting stress during the pandemic is shown in positive parenting styles, namely authoritative parenting. The authoritative parenting style displayed by the fathers can also be associated with lower internalizing and externalizing behavior problems in children.

Although the level of parenting stress and child behavior problems were found to be at a low level, there was a significant role between father's parenting stress on internalizing behavior problems ($\beta = 0.338$; $p < 0.01$) and externalization ($\beta = 0.182$; $p < 0,01$) in children. In line with the data depiction, the low level of parenting stress resulted in low child internalizing and externalizing behavior problems. On the other hand, the higher the parenting stress, the higher the problem of internalizing behavior ($r = 0.529$; $p < 0.01$) and externalizing ($r = 0.272$; $p < 0.01$) of children.

The above is in line with Mak et al. (2020) [4], which revealed that father's parenting stress resulted in a high rate of child behavior problems. The results of this study are also in line with the findings of Lee et al. (2018), Maheswari and Samundeeswari (2018), Mak et al. (2020), and Pinquart (2017) [34, 35, 4, 40] which mention that there is a significant role of father's parenting stress on children's internalizing and externalizing behavior problems. Therefore, this study again confirms the initial theory of child behavior problems from LaFreniere and Dumas (1992) [58] namely the emergence of child behavior problems caused by their parenting, especially this research in the context of a pandemic.

The low parenting stress also contributes to the low authoritarian and permissive parenting displayed by the fathers, so that the father displays a high authoritative parenting style. Thus, father's parenting stress was found to have a significant role in authoritative parenting ($r = -0.473$; $\beta = -0.475$; $p < 0.01$), authoritarian ($r = 0.668$; $\beta = 0.592$; $p < 0.01$), and permissive. ($r = 0.636$; $\beta = 0.373$; $p < 0.01$) father. This is in accordance with what was explained by Deather-Deckard (2004) and Wu and Xu (2020) [12, 18] that the stress reaction from parenting stress focuses on the parenting styles. In the study of Chung et al. (2020), Fonseca et al. (2020), and Mak et al.

(2020) [17, 19, 4] only used authoritarian and permissive parenting, while in this study, authoritative parenting was also added, and the results showed that father's parenting stress also had a significant role in father's authoritative parenting ($p < 0.01$).

Furthermore, Dumas et al. (1995), Wahl and Metzner (2011), Marcone et al. (2017), Choi and Becher (2018), Hosokawa da Katsura (2018), Wittig and Rodriguez (2019) [47, 48, 49, 50, 51, 52] found that parenting plays a role and correlates with children's behavior problems. Thus, the results of this study are in line with previous findings that father's authoritative parenting has a role in reducing behavioral problems of internalizing ($r = -0.232$; $\beta = -0.147$) and externalizing ($r = -0.198$; $\beta = -0.132$). On the other hand, father's authoritarian and permissive parenting has a role in increasing the problem of internalizing behavior (authoritarian, $r = -0.596$; $\beta = 0.428$; permissive, $r = 0.635$; $\beta = 0.692$) and externalization (authoritarian, $r = -0.596$; $\beta = 0.340$; permissive, $r = 0.635$; $\beta = 0.404$) in children.

Based on the description above, it can be said that the relationship between father's parenting stress and parenting styles and father's parenting patterns and child behavior problems is proven and in accordance with the description of the variable data. Fathers have low parenting stress, thus displaying a high authoritative parenting style. This causes low internalizing and externalizing behavior problems in children. Thus, this finding is in line with Choi and Becher (2018) and Mak et al. (2020) [50, 4] which revealed that low parenting stress can cause fathers to display authoritative parenting styles, so that it has an impact on children's internalizing and externalizing behavior problems.

Based on the mediation test, the authoritative parenting pattern of parents did not become a mediator between father's parenting stress and children's behavior problems ($p > 0.05$). This is in line with Crnic et al. in de Cock et al. (2017) [44] which revealed that parenting did not mediate parenting stress with child behavior problems. That is, in this study, fathers have a authoritative parenting, but does not mediate the relationship between parenting stress and child behavior problems. This is because low or high authoritative parenting caused by parenting stress does not predict conflict between parents (fathers) and children [59], thus indicating a direct effect on father's parenting stress on behavioral problems. children [44] which has been shown to have a significant direct effect in this study ($p < 0.05$).

The mediation test of authoritarian and permissive parenting showed a significant mediating role between father's parenting stress and child behavior problems. This study is in line with the previous findings of Choi and Becher (2018), Chung et al., (2020), Fonseca et al. (2020), Mak et al. (2020), Wu and Xu (2020) [50, 17, 19, 4, 18]. Choi and Becher (2018) [50] and Fonseca et al.

(2020) [19] did their research not in the pandemic context. But, Chung et al., (2020) [17], Mak et al. (2020) [4], Wu and Xu (2020) [18] did their research in the pandemic context, like the current study. All findings from the previous studies and the current study show a consistent result. This means, in any situations, fathers' parenting stress allegedly can influence his parenting styles which will influence their child behavior problems.

The existence of this significant mediating relationship is because father's parenting stress affects the nature of parenting that is more negative, such as being more aggressive, controlling/dictating, and less sensitive [59]. Fathers will tend to display parenting that gives children no choice, very strict rules but no explanation, and rude verbal communication. The negative nature of parenting can also be shown in the form of too freeing children without being given responsibility, using bribes too often, the rules that are made are not applied consistently. Therefore, children can experience social skills that are not adaptive, angry with parents, disappointed, sad, and this leads to behavioral problems of internalizing and externalizing children [4].

Although in general the fathers experienced low parenting stress, when detailed again, it resulted that the majority of fathers were in the moderate parenting stress category ($n = 63$). In measuring parenting stress experienced by fathers, it was found that item 3 "During this pandemic, caring for my child sometimes takes more time and energy than I should give" has a mean of 4.6 and item 4 "During this pandemic, I sometimes worry about whether I'm doing enough for my child" has a mean of 4.4. It turns out that during the pandemic, fathers experience quite high parenting stress on their energy and ability to parent.

6. LIMITATION

This study reveals that the concepts of parenting stress, parenting styles, and child behavior problems can be applied during the COVID-19 pandemic. However, the conceptual definitions of parenting stress, parenting patterns, and special child behavior problems during the pandemic have not been explained in this study. So, further research is needed on the conceptual definition of parenting stress, parenting patterns, and child behavior problems.

Future research can also link stress concepts such as eustress, distress, and neustress to parenting stress. It is suggested that both low and high parenting stress can be explained conceptually. Therefore, suggestions for data collection that can be carried out in further research to fill the gap in this study are qualitative data collection methods.

This study only focuses on fathers to fill gaps in previous research that is often only associated with mothers. However, the best research is a balanced study

between fathers and mothers. Researchers hope that further research can examine parenting stress and parenting patterns of fathers and mothers in a balanced way. The role of fathers and mothers in the growth and development of children can also be emphasized even more.

The age range of fathers in this study is very wide, namely 21 years and over. This can be considered for further research to focus more on a certain age range. Of course, the age of the participants can influence parenting attitudes and behavior towards their children. Participants' education can also influence the variables. Furthermore, the work of the participants can also be more focused to be more specific. Including during a pandemic, participants can work in the office and work at home, this can be taken into consideration. So, further research can better control the characteristics of research participants.

7. CONCLUSION

Fathers who experience low parenting stress will increase the level of authoritative parenting displayed by fathers. This causes low authoritarian and permissive parenting behavior. The low parenting stress also has an impact on the low level of internalizing and externalizing behavior problems in children. On the other hand, the higher the authoritarian and permissive parenting style of the father, the higher the internalizing and externalizing behavior problems of the child. Furthermore, if the father experiences higher parenting stress, the problem of internalizing and externalizing children's behavior will also be higher. Fathers who experience high parenting stress will also increase the level of authoritarian and permissive parenting displayed by fathers. When fathers experience parenting stress, it will affect their parenting patterns, namely authoritarian and permissive parenting and will affect the problems of internalizing and externalizing behavior displayed by children.

AUTHORS' CONTRIBUTIONS

All authors conceived and design the study. Endriansah Jayanto conducted the data collection, data analysis and wrote the paper. All authors contributed to manuscript revisions. All authors approved the final version of the manuscript and agree to be held accountable for the content therein.

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