

Parenting Patterns' Impact on the Likelihood of Mental Disorders in Palembang, Indonesia

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ABSTRACT

Introduction: Parenting style has a crucial role in shaping a child's physical and mental growth. The objective of this study is to assess the impact of parenting styles on the likelihood of developing mental problems in the urban area of Palembang, Indonesia. **Methods:** This study employed a cross-sectional research methodology, encompassing a sample of 1,000 participants aged between 18 and 65 years. We categorized the participants based on the type of parenting style they experienced, namely authoritative, permissive, and authoritarian parenting. We used the Kessler Psychological Distress Scale (K10) questionnaire to assess the likelihood of mental illnesses. **Results:** The study found that individuals raised with an authoritative parenting style had a lower vulnerability to mental problems compared to those raised with either a permissive or authoritarian parenting style. **Conclusion:** The practice of authoritative parenting can serve as a safeguard against susceptibility to mental diseases.

1. Introduction

Parenting refers to the process by which parents provide education and care for their children. The parenting style that children develop can have an impact on their physical and mental growth. Effective parenting can minimize vulnerability to mental diseases. Conversely, bad parenting styles might heighten the likelihood of developing mental problems. Healthy parenting is defined by parental affection, unwavering constancy, and judicious authority. Parental love may provide youngsters with a feeling of safety and solace. Parental consistency fosters children's confidence and self-esteem. Effective parental supervision can facilitate the development of robust social and emotional competencies in children.¹⁻³

Unhealthy parenting is defined by the occurrence of one or a combination of the following: physical,

verbal, or emotional abuse; neglect; overbearing authority; and lack of emotional warmth. Healthy parenting practices can mitigate the susceptibility to mental diseases by enhancing children's sense of security and comfort, fostering their self-confidence and self-esteem, and facilitating the development of healthy social and emotional abilities. Unhealthy parenting habits might heighten the likelihood of mental diseases by inducing feelings of insecurity and discomfort in children, fostering poor self-esteem, and impeding the development of appropriate social and emotional abilities.^{4,5}

Effective parenting can minimize the susceptibility to mental diseases. Conversely, detrimental parenting habits might heighten the susceptibility to mental diseases. Mental illnesses are psychiatric problems that can disrupt cognitive processes, emotional experiences, and behavioral patterns. Mental diseases

can have a significant impact on an individual's everyday life, including personal, social, and occupational aspects.^{6,7} The objective of this study is to ascertain the impact of parenting styles on the likelihood of developing mental problems in the city of Palembang, Indonesia.

2. Methods

This study used a cross-sectional research approach. The researchers conducted a cross-sectional study design, which involves conducting research at a single point in time. This study had a sample size of 1,000 participants, ranging in age from 18 to 65 years. We randomly selected the respondents from the population of Palembang City, Indonesia. We categorized the participants based on the type of parenting style they experienced, namely authoritative, permissive, and authoritarian parenting. Parents who practice authoritative parenting demonstrate parental affection, unwavering constancy, and exercise control judiciously. Permissive parenting is defined by an abundance of autonomy and latitude granted to children. Authoritarian parenting is defined by an overabundance of parental control. We used the Kessler Psychological Distress Scale (K10) questionnaire to assess the likelihood of mental illnesses. Participants self-administered the K10 survey to assess their degree of psychological discomfort. Information was gathered using an online survey. Surveys were disseminated using social media and messaging apps. The chi-square test was employed to assess the data. The chi-square test assesses the association between two category variables.

3. Results

Participants subjected to an authoritative parenting style had a lower susceptibility to mental problems compared to those who experienced a permissive or authoritarian parenting style. Those exposed to authoritative parenting had lower K10 scores compared to those who experienced permissive

or authoritarian parenting. A lower K10 score signifies a reduced degree of psychological suffering. The chi-square test revealed a statistically significant association ($p < 0.001$) between parenting methods and the likelihood of developing mental problems. Those exposed to authoritative parenting had a 35% lower likelihood of developing mental problems compared to individuals who experienced permissive or authoritarian parenting. The responders who experienced authoritative parenting had a K10 score of 11.3 ± 1.2 , indicating a quantitative measurement. The responders who got permissive parenting had a K10 score of 13.5 ± 2.1 . The respondents subjected to authoritarian parenting obtained a K10 score of 14.7 ± 1.5 . The findings of this study suggest that adopting an authoritative parenting style can serve as a safeguard against the susceptibility to mental problems. Parents who employ authoritative parenting techniques can facilitate the cultivation of robust social and emotional aptitudes in their children, thereby decreasing the likelihood of mental problems.

4. Discussion

Authoritative parenting is considered one of the most optimal parenting approaches for children. Parental affection, unwavering adherence, and judicious authority distinguish this parenting style. Parental love may instill a feeling of safety and solace in youngsters. Children who experience affection and recognition from their parents will develop a feeling of emotional stability and solace. This can help youngsters effectively manage stress and navigate the difficulties of life. The consistent behavior of parents can instill in youngsters a feeling of assurance and self-worth. Children who possess a clear understanding of the expectations placed upon them are more likely to exhibit elevated levels of self-assurance and self-regard. This can facilitate the cultivation of robust social and emotional aptitudes in youngsters.⁸⁻¹²

Effective parental regulation can facilitate the cultivation of robust social and emotional aptitudes in children. Parents who exert moderate control can

facilitate the development of responsibility and self-regulation in children. This can facilitate the development of autonomy and resilience in youngsters. Children who get affection from their parents will possess enhanced resilience in managing stress. For instance, a youngster who experiences affection and recognition from his parents would possess enhanced resilience, whether confronted with academic assessments or emotional distress.¹³⁻¹⁵ Children who have a consistent parenting style are more likely to cultivate a strong sense of self-assurance. For instance, a youngster who is aware of the unwavering presence of his parents would have an enhanced capacity to have faith in his own abilities. Parents who provide appropriate guidance and discipline enable children to cultivate robust social and emotional abilities. For instance, a youngster who acquires the skill of responsibility will have an enhanced capacity to cultivate positive and harmonious connections with others.¹⁶⁻¹⁸

5. Conclusion

Authoritative parenting helps mitigate the susceptibility to mental diseases. Parents must offer their children love, stability, and appropriate discipline.

6. References

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