

The Relationship between Parenting Styles and Adolescents Social Development

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ABSTRACT

Background: The Relationship between Parenting Styles and Adolescent Social Development. Adolescent social development is the process of growing the ability to interact and understand social rules. Parenting styles play an important role in shaping children's attitudes and behavior in their social environment. This study aims to analyze the relationship between parenting styles and adolescent social development.

Purpose: This study aims to analyze the relationship between parenting styles and adolescents' social development.

Methods: The research is a quantitative descriptive study with a cross-sectional approach. A sample of 165 students from class 11 at SMA Hang Tuah 5 Sidoarjo was selected using simple random sampling technique. The research was conducted on January 23-30, 2025. The questionnaire exploring Parenting styles were measured using the Parenting Styles and Dimensions Questionnaire-Short Version (PSDQ), and Adolescent Social Development Questionnaire (Rahmawati, 2021) for measured the social development. Data analysis used the Spearman rank correlation with alpha 5%.

Results: The results showed that most parents applied democratic parenting styles (49.70%) and the majority of adolescents had fairly good social development (55.15%). The Spearman Rho test showed $r = 0.323$ with $p = 0.01$ ($p < 0.05$), indicating a weak relationship between parenting styles and adolescent social development.

Conclusion: Adolescent social development does not always follow the same pattern because it is influenced by various factors, such as parenting styles, stimulation, health conditions, and child motivation. The ideal parenting style is one that balances supervision and freedom, supported by fulfilling needs and good communication. Therefore, parents are advised to apply a balanced parenting style to support optimal social development in adolescents.

Keywords: adolescent, parenting styles, social

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BACKGROUND

Adolescence is a crucial developmental phase, marked by the process of exploring self-identity, social adjustment, and forming independence. During this stage, adolescents begin to develop their ability to interact with their environment and adapt to various social norms. Optimal social development is necessary for adolescents to build healthy relationships, exhibit adaptive behavior, and cope with social demands in society (Rugayah et al., 2023).

One of the main factors influencing adolescent social development is parenting style. Parenting style refers to a set of attitudes, values, and practices that parents apply in interacting with, educating, and guiding their children. Parenting styles can be authoritarian, democratic, or permissive, each with distinct characteristics and impacts on the formation of adolescents' personality and social behavior (Ismawati & Raharjo, 2024).

Inappropriate parenting styles can lead to social development disorders, such as withdrawal, low self-esteem, emotional regulation problems, aggressive behavior, and social issues like bullying and behavioral deviations. In some cases, lack of communication and emotional support from parents can also increase the risk of depression, anxiety, and social isolation in adolescents (AlHamawi et al., 2023). WHO data on 2025 shows that about 1 in 9 adolescents experience mental disorders that affect their ability to interact and adapt socially (WHO, 2025). Meanwhile, (The Indonesian Ministry of Health, 2023) reported that 37.42% of Indonesian adolescents experience symptoms of social-emotional development disorders.

A preliminary study among senior high school students showed that many adolescents experience social problems such as excessive anxiety, low self-confidence, difficulty expressing opinions, and limited social interaction. About 60% of students stated that they receive inadequate attention and emotional support from their parents, while 40% reported good communication and supportive family relationships.

Differences in parenting styles are influenced by various factors, including parental age, education level, socioeconomic status, number of children, and residential environment. These factors make parenting styles varied and directly impact adolescents' social development (Atika & Rasyid, 2018; Mohzana et al., 2024; P. P. Sari et al., 2020).

Parents play a crucial role in shaping social development as they provide the first environment where children learn moral values, social skills, empathy, communication, and self-control. Appropriate parenting styles, especially democratic parenting, have been proven to increase adolescents' self-confidence, socialization abilities, and independence (Andriyani et al., 2024; Rachmawati et al., 2023; Zahroh & Giyartini, 2018).

Given the high prevalence of social development issues and the crucial role of family in shaping adolescent behavior, further study is needed to examine the relationship between parenting styles and adolescent social development. Therefore, examining the relationship between parenting styles and adolescent social development is important for supporting adolescents' social development. Background provides the state of the art of the study and consists of an adequate background, the previous researches and significance of the study to show the scientific merit or novelties of the paper. Avoid the use of literature review or a summary of the results (P. P. Sari et al., 2020; Solihah et al., 2020; Umairoh & Ichsan, 2018).

OBJECTIVE

To examine the relationship between parenting styles and adolescents' social development in order to provide evidence for promoting optimal social development during adolescence.

METHODS

This study employed an observational analytic design with a cross-sectional approach to examine the relationship between parenting styles and adolescents social development. This design allowed the independent and dependent variables to be measured simultaneously without intervention. The population of this study consisted of all eleventh-grade adolescents at a senior high school. From this population, a sample of 165 adolescents was selected using a simple random sampling technique to ensure that each participant had an equal opportunity to be included in the study. Parenting styles were measured using the Parenting Styles and Dimensions Questionnaire—Short Version (PSDQ), while adolescents' social development was assessed using the Adolescent Social Development Questionnaire developed by Rahmawati (Rahmawati, 2021). Both instruments were reported to have adequate validity and reliability. Data were collected once during the study period. All questionnaires were completed independently by the adolescents under researcher supervision. The collected data were analyzed using SPSS software. Since the data were not normally distributed, the Spearman Rho correlation test was used to examine the relationship between parenting styles and adolescents' social development. Statistical significance was set at a p-value of < 0.05 .

RESULTS

Data collection for this study was conducted from January 23-30, 2025, at SMA Hang Tuah 5 Sidoarjo, involving 165 adolescent respondents. The research results are presented in the following table.

Table 1. Demographic Data

Data	Details	Frequency (f)	Presentation (%)
Student Gender	Man	89	53.94
	Woman	76	46.06
Living Conditions	With parents	161	97.58
	Apart from Ortu	4	2.42
Father's Age	30-40	13	7.88
	41-50	86	52.12
	51-60	60	36.36
	61-70	6	3.64
Father's occupation	Civil servants	12	7.27
	Private	96	58.18
	Army / Police	52	31.52
	Doesn't work	5	3.03
Father's Income	Rp.0 - Rp 1.5 jt	23	13.94
	Rp.1.5 - Rp.3 jt	35	21.21
	Rp.3 - Rp.5 jt	53	32.12
	\geq Rp.5 jt	54	32.73
Mother's Age	30-40	31	18.79
	41-50	97	58.79
	51-60	35	21.21
	61-70	2	1.21
Mother's Job	Civil servants	14	8.48
	Private	49	29.70
	Army / Police	0	0.00
	Doesn't work	102	61.82

Mother's Income	Rp.0 - Rp 1.5 jt	95	57.58
	Rp.1.5 - Rp.3 jt	24	14.55
	Rp.3 - Rp.5 jt	28	16.97
	\geq Rp.5 jt	18	10.91

Based on Table 1, most respondents were male adolescents (53.94%) and lived with their parents (97.58%). The majority of fathers were aged 41–50 years (52.12%) and worked in the private sector (58.18%), with monthly income mostly ranging from \geq IDR 3,000,000. Meanwhile, most mothers were aged 41–50 years (58.79%), did not work (61.82%), and had a monthly income of less than IDR 1,500,000. These demographic characteristics describe the family background of the adolescents involved in this study.

Table 2. Custom Data

Parenting	Frequency (f)	Presentation (%)
Democratic	82	49.70%
Authoritarian	55	33.33%
Permissive	28	16.97%
Total	165	100%

Social Development	Frequency (f)	Presentation (%)
Very good	21	12.73%
Good	31	18.79%
Pretty good	91	55.15%
Not good	22	13.33%
Total	165	100%

Parenting	Social Development									
	KB		CB		B		SB		Total	
	F	%	F	%	F	%	F	%	F	%
Democratic	5	6	37	45	27	31	13	15	82	100
Authoritarian	13	23	34	61	3	5	5	9	55	100
Permissive	4	14	20	71	1	3	3	10	28	100
Total	22	13	91	55	31	19	21	12	165	100

Based on Table 2, the most common parenting style applied by parents was democratic parenting (49.70%), followed by authoritarian parenting (33.33%) and permissive parenting (16.97%). Regarding adolescents' social development, more than half of the respondents were categorized as having fairly good social development (55.15%), while smaller proportions demonstrated good (18.79%), very good (12.73%), and poor social development (13.33%).

Table 3. Effect Test Table

Uji Stastistik	Nilai
Koefisien Korelasi (r)	0.323
Nilai Signifikansi (p)	0.01
Intrepetasi	Ada Hubungan Lemah, Signifikan

Table 3 shows the distribution of parenting styles in relation to adolescents' social development. Democratic parenting was predominantly associated with fairly good to very good social development. In contrast, authoritarian and permissive parenting styles were more frequently observed among adolescents with fairly good and poor social development. The Spearman Rho test indicated a weak but statistically significant relationship between parenting styles and adolescents' social development ($r = 0.323$; $p = 0.01$).

DISCUSSION

This study was conducted to examine the relationship between parenting styles and adolescents' social development. The findings provide empirical evidence that parenting styles are significantly associated with adolescents' social development, thereby addressing the main research objective. Parenting practices within the family environment play an important role in shaping adolescents' social behavior, interaction patterns, and adaptive abilities during a critical developmental period. The results indicate that democratic parenting was the most commonly applied parenting style, reported by 82 respondents (49.70%). This finding reflects a growing tendency among parents to adopt parenting practices that emphasize open communication, emotional warmth, and balanced supervision. Several previous studies have reported similar trends, indicating that democratic parenting is increasingly preferred because it supports adolescents' autonomy while maintaining appropriate behavioral boundaries (Adawiah, 2017; Fitriyani, 2019; Mubin et al., 2024; Rugayah et al., 2023). Democratic parenting enables adolescents to express opinions, participate in decision-making, and develop responsibility, which are essential components of social competence.

From a developmental perspective, adolescents who experience democratic parenting are more likely to develop effective interpersonal communication skills, empathy, and cooperation. Studies conducted in various educational and cultural contexts have consistently shown that democratic parenting is positively associated with adolescents' social adjustment, emotional regulation, and peer relationship quality (Fathoni & Prasodjo, 2022; Sutia et al., 2022; Sutianah et al., 2022). These findings are consistent with the results of the present study, which demonstrate better social development outcomes among adolescents raised with democratic parenting. Authoritarian parenting was identified in 55 respondents (33.33%). This parenting style is characterized by strict discipline, rigid rules, and limited emotional responsiveness. In authoritarian households, communication is typically one-directional, reducing opportunities for adolescents to express emotions or opinions. Previous research has shown that authoritarian parenting is often associated with lower social competence, difficulties in emotional expression, and challenges in forming healthy peer relationships (Rachmawati et al., 2023; Rugayah et al., 2023; P. Sari & Wahyuni, 2020). Adolescents raised under authoritarian parenting may either become overly compliant or display oppositional behaviors, both of which can hinder social development.

The findings of this study support previous evidence indicating that authoritarian parenting is more frequently associated with adolescents categorized as having fair or poor social development. Studies focusing on Indonesian adolescents have similarly reported that excessive parental control without adequate emotional support may limit adolescents' independence and social adaptability (Rugayah et al., 2023; P. Sari & Wahyuni, 2020). These results highlight the potential risks of authoritarian parenting for adolescents' social functioning. Permissive parenting was the least frequently applied parenting style, reported by 28 respondents (16.97%). Permissive parenting is characterized by high responsiveness but low demands, resulting in minimal supervision and unclear behavioral boundaries. While this parenting style allows adolescents significant freedom, several studies have indicated that the lack of structure and guidance may negatively affect self-control and social responsibility

(Mutiani et al., 2019; Nuryatmawati, 2020; Rohayani et al., 2023). Adolescents raised in permissive environments may struggle to adapt to structured social settings, such as schools, where rules and social expectations are clearly defined.

In the present study, permissive parenting was associated with variability in adolescents' social development, suggesting that freedom without guidance does not consistently support the development of social competence. Similar findings have been reported in previous research, which emphasizes the importance of balanced parenting practices that combine warmth with appropriate control (Purwono et al., 2020). Regarding adolescents' social development, the majority of respondents were categorized as having fairly good social development, accounting for 91 respondents (55.15%). This indicates that most adolescents possess basic social skills, such as interacting with peers and understanding social norms, but still require improvement in higher-level skills, including emotional regulation, assertive communication, and decision-making. Previous studies have shown that adolescents' social development is influenced by interactions within the family, school environment, and peer groups (Putra et al., 2023).

Furthermore, 31 respondents (18.79%) demonstrated good social development, and 21 respondents (12.73%) were categorized as having very good social development. Adolescents in these categories are often supported by responsive parenting, positive family relationships, and supportive peer environments. Research has shown that adolescents with strong social support systems tend to exhibit higher empathy, better emotional regulation, and more effective conflict resolution skills (Nuryatmawati, 2020; Rina Mardiyana et al., 2025). However, 22 respondents (13.33%) were categorized as having poor social development. This condition may be influenced by various factors, including limited emotional attachment with parents, negative peer experiences, academic pressure, and insufficient social learning opportunities at home and school. Previous studies have reported that adolescents who lack adequate social support are at increased risk of social withdrawal, anxiety, and maladaptive behaviors (Nurlela et al., 2023; Rahayuwati et al., 2023; Wulandari, 2014).

Statistical analysis revealed a significant relationship between parenting styles and adolescents' social development, with a correlation coefficient of $r = 0.323$ and a significance value of $p = 0.01$. Although this correlation is categorized as weak, it remains statistically meaningful. This finding suggests that parenting style contributes to adolescents' social development but is not the sole determining factor. Previous studies have similarly reported weak to moderate associations between parenting styles and social development, emphasizing the influence of multiple interacting factors (Putra et al., 2023). The relatively weak correlation observed in this study may be explained by the influence of other variables not measured, such as personality traits, socioeconomic conditions, peer group dynamics, exposure to digital media, and school climate. Several studies have highlighted that adolescents' social development is shaped by a complex interaction of individual, familial, and environmental factors (Rina Mardiyana et al., 2025; Solihah et al., 2020; Umairoh & Ichsan, 2018).

Overall, the findings of this study emphasize that parenting style remains a fundamental foundation in shaping adolescents' social development. Democratic parenting, in particular, appears to provide the most supportive environment for developing adaptive social skills. However, optimal social development requires collaboration between families, schools, and communities. Strengthening parental education, school-based social development programs, and peer support systems is therefore essential to support adolescents in achieving healthy and adaptive social functioning.

CONCLUSION

This study concludes that parenting styles are associated with adolescents' social development. The findings support the study objective by demonstrating that parental approaches play a meaningful role in shaping adolescents' social behaviors, interactions, and adaptation during the developmental period of adolescence. Parenting practices that emphasize balanced supervision, open communication, and emotional support tend to foster more positive social development in adolescents.

From a scientific perspective, this study strengthens existing evidence that family environments, particularly parenting styles, contribute to adolescents' social development alongside other influencing factors such as peers and school environments. Although parenting style is not the sole determinant of social development, it remains a fundamental foundation in supporting adolescents' ability to interact effectively and adapt socially.

In terms of nursing practice, especially in community and school health nursing, these findings highlight the importance of involving parents in adolescent health promotion programs. Nurses are encouraged to provide education and counseling for parents regarding effective and supportive parenting practices to enhance adolescents' social development. For future practice and research, further studies are recommended to explore additional factors influencing adolescents' social development and to employ longitudinal designs to better understand causal relationships over time.

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CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest in this study.

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