



Parenting Pattern and Adolescent Depression During COVID-19

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Kata Kunci

Remaja ;
Pola Asuh Orang
Tua ;
Depresi ;

Abstrak

Pada masa remaja terjadi fase perkembangan dan perubahan emosional dan pola asuh orang tua berperan dalam proses pencapaian kedewasaan remaja sesuai norma yang berlaku. Tujuan penelitian ini untuk mengetahui hubungan pola asuh orang tua dengan tingkat kejadian depresi pada remaja selama masa pandemi covid-19 di SMA Negeri 11 Makassar. Metode penelitian yang digunakan ialah penelitian analitik korelasi dengan desain *cross sectional*. Populasi yang digunakan siswa/i kelas XII dengan jumlah sampel sebanyak 169 siswa menggunakan teknik *purposive sampling*. Berdasarkan hasil penelitian didapatkan tingkat depresi remaja di SMA Negeri 11 Makassar yaitu dengan kategori tidak depresi sebanyak 72 siswa (42,6%), depresi ringan sebanyak 39 siswa (23,1%), depresi sedang sebanyak 29 siswa (17,2%), depresi berat sebanyak 19 siswa (11,2%) dan depresi sangat berat sebanyak 10 siswa (5,9%). Sedangkan berdasarkan hasil penelitian pola asuh yang diterapkan orang tua dengan kategori tipe pola asuh autoritatif sebanyak 57 siswa (33,7%), tipe pola asuh otoriter sebanyak 52 siswa (30,8%), tipe pola asuh diabaikan sebanyak 31 siswa (18,3%), tipe pola asuh permisif sebanyak 29 siswa (17,2%). Hasil perhitungan statistik dengan uji *Pearson Chi-Square test* hubungan pola asuh orang tua dengan tingkat depresi diperoleh *p-value* < 0,05.

Keywords

Adolescence;
Parenting Style;
Depression;

Abstract

*During adolescence, the phases of development and emotional change occur in most teenagers, and a parenting style plays a major role and a significant impact in the process of making adolescents mature and possess decent behaviour. The purpose of this study was to investigate the relationship between the parenting style and the depression of adolescents during the COVID-19 pandemic at SMAN 11 of Makassar. The methodological approach used in this research was an analytic correlation method by using a cross-sectional design. The population of this study was all students of class XII with a total sample of 169 students selected by using a purposive sampling technique. Based on the analysis of the research data, this study indicated that 72 students (42.6%) of SMAN 11 of Makassar were considered to be not depressed. Moreover, 39 students (23.1%) showed moderate depression, and 29 students (17.2%) were indicated to get little depression. In contrast, 19 students (11.2%) had severe depression, while the rest 10 students (5.9%) had very severe depression. Meanwhile, based on the results of the research on parenting applied by parents with the category of authoritative parenting type as many as 57 students (33.7%), authoritarian parenting type as many as 52 students (30.8%), neglected parenting type as many as 31 students (18, 3%), the type of permissive parenting were 29 students (17.2%). The results of the statistical calculations using the Pearson-Chi-Square test found that the relationship between the parenting style and the students' depression level was obtained with a *p-value* <0.05.*

Introduction

Depression is a mood disorder that can interfere with daily activities (1). Depression is characterized by loss of response to pleasure, negative thoughts about themselves, their world and their future, loss of appetite, anxiety, sleep disturbances and others (2). According to Sarwono adolescents are the population most often at risk of depression (3).

Data from Riskesdas 2018 that the over symptoms of depression is 6.1%. South Sulawesi has the same case prevalence as West Java Province, which is 7.8% (4). The results of research conducted by Florenzano etc show that there is a relationship between parenting patterns and suicidal ideation in adolescents with symptoms of depression (5). Mutmainnah 2018 conducted a study related to the analysis of suicide risk in adolescents at SMA Negeri 11 Makassar, of the 75 adolescents studied, 58.7% of them had suicidal ideation, 8.0% had a high risk of suicide and 2.67% adolescents have previously attempted suicide (6).

There are various factors associated with depression, one of which is a factor from the family environment, especially parents such as inadequate parenting. The result of research conducted by Feriska is a relationship which means between parenting which is applied by parents with emotional maturity teenagers so that that parenting can affect the behaviour caused by adolescents (7). The results of other research conducted by Febriani, Veny and Sri show that parenting does not only affect physical development but also psychological development. Parenting patterns of parents towards adolescents will affect the formation of a quality generation (8).

Islam as a religion of rahmatan lil 'alamin also teaches methods and ways to educate children by making the Qur'an and Sunnah as a reference in implementing their education. As the Messenger of Allah said: "Guidance your children by learning while playing at the age level 0-7 years, and instilling manners and discipline at the age level 7-14 years, then invite them to exchange ideas at the age level 14-21 years, and after that release them to be independent". Based on the words of the Prophet, Islam teaches educational patterns according to the age level and maturity of children's thinking (9) Parenting patterns are the basis for personality formation during the parenting period from birth to adulthood. In this parenting activity, parents treat, teach, accompany, discipline and protect children to reach maturity according to applicable norms (10).

Parenting is divided into four types according to Baumrind in Nevid, 2017 namely democratic parenting (democratic) is a parenting pattern that supports children to be independent but still provides reasonable limits and control to children, authoritarian parenting is a parenting style by limiting and forcing children to follow their rules, permissive parenting is a parenting style that is not too controlling or demanding of children or is known to pamper children and neglected parenting which is a parenting style with parents who are not involved in parenting (11). Child's life or neglecting the child (12)

In early March 2020, Indonesia was shocked by the presence of a virus known as Coronavirus Disease-19 or COVID-19. With this virus, the government has made many efforts to stop the spread of this virus, one of which is the implementation of Work From Home (WFH). WFH is a form of activity to break the chain of the spread of the COVID-19 virus where employees are encouraged to complete their work at home (13). Not only that, but the Indonesian Ministry of Education also issued a policy on remote teaching and learning activities (KBM) using an online system. With the enactment of these policies, the pattern of relationships between parents and children will be more closely interwoven and there will be more intensive interactions. Good interaction patterns by parents can determine the success of a child in undergoing distance learning activities (14). The role of parents is the main thing in creating children's happiness, especially in the Covid-19 pandemic situation.

The purpose of this study was to determine the relationship and parenting patterns with the incidence of depression in adolescents during the COVID-19 pandemic at SMA Negeri 11 Makassar.

Methods

The type of research that will be used is quantitative research with a cross-sectional research design. This study was conducted at SMA Negeri 11 Makassar, Jl. Lt. Gen. Pol. Mappaodang 66, Makassar, South Sulawesi. The population in research is students in active class XII as many as 300 students and the sample used in the study this totalling 169 students. Sampling was done using the purposive sampling method.

a. Inclusion Criteria

1. Active class XII students attend SMA Negeri 11 Makassar
2. Able to read and write
3. Willing to be a respondent

b. Exclusion Criteria

1. Parents and teenagers do not live together
2. Children raised by single parents
3. Adolescents who have a visual impairment
4. Adolescents with cognitive impairment

The data used in this study are primary data and secondary data. Primary data is data obtained or collected directly by the person conducting the research. This data was obtained through a given research questionnaire. Secondary data is data obtained or collected by people conducting research from existing sources. Secondary data in this study were obtained from the school where the research will be conducted.

The variable-dependent study is the level of depression measured by youth with the use of the HDRS (Hamilton Depression Rating Scale) questionnaire. This instrument has been tested for validity every year and the last validity test was in 2012 by Asupah with a validity test value of 0.600. In addition, this instrument has also been tested for reliability in 2012 by Azim with an r table value of 0.60 which is reliable. Variable independent study is the parenting style of the person, which was measured using the parenting style questionnaire. This instrument has been tested for validity by assessing the Pearson Correlation or R_{count} . If $R_{count} > R_{table}$ then all instrument items are declared valid or valid and can be used for this study. If the value of the validity of each item obtained is > 0.262 then it is declared valid. In addition, this instrument has also been tested for reliability by assessing Cronbach's Alpha > 0.6 then all instrument items are declared reliable.

Results

1. Analysis Univariate Respondent

Table 1. Distribution Characteristics Respondents at SMA Negeri 11 Makassar

No	Characteristics Respondent	Frequency (n)	Percentage %
1.	Age		
	16 years old	6	3.6
	17 years old	108	63.9
	18 years old	50	29.6
2.	19 years old	5	3.0
	Type Sex		
	Man	77	45.6
	Woman	92	54.4

Character description age and type sex respondents at SMA Negeri 11 Makassar based on results research that has been conducted obtained data showing students 16 years old as many as 6 students (3.6%), 17 years old as 108 students (63.9%), aged 18 years as many as 50 students (29.6%), and 19 years old as many as 5 students (3.0%) (table 1). The types of students sex men as many as 77 (45.6%), while amount respondents were manifold sex women as many as 92 students (54.4%) (table 1).

2. Analysis Univariate Variable

Table 2. Distribution Variables at SMA Negeri 11 Makassar

No	Variable Study	Frequency (n)	Percentage %
	Variable Independent		
1.	Parenting Style		
	Authoritative	57	33.7
	Authoritarian	52	30.8
	Ignored	31	18.3
	Permissive	29	17.2
	Variable Dependent		
1.	Depression		
	Not Depression	72	42.6
	Depression Light	39	23.1
	Moderate Depression	29	17.2
	Depression Heavy	19	11.2
	Depression Very Heavy	10	5.9

Distribution overview pattern foster parents and rate depression, respondents, at SMA Negeri 11 Makassar based on results research that has been conducted obtained data showing of 169 total samples student, students who have parents with type pattern foster authoritative as many as 57 students (33.7%). Students who have parents with type pattern foster authoritarian as many as 52 students (30.8%). Students who have parents with type pattern foster ignored as many as 31 students (18.3%). Whereas students who have parent-type patterns foster permissive as many as 29 students (17.2%).

Students who don't experience depression as much as 72 (42.6%). Students with level depression light as many as 39 students (23.1%). A student with a level of depression currently has as many as 29 respondents (17.2%). A student with a level of depression heavy as many as 19 students (11.2%). Whereas students with level depression very heavy as many as 10 respondents (5.9%) (table 2).

3. Analysis Bivariate

Table 3. Analysis Connection Variable

No	Parenting Style	Variable Dependent remember Depression					Total	p-Value
		Not Depression	Depression Light	Moderate Depression	Depression Heavy	Depression Very Heavy		
1	Authoritative	47	9	1	0	0	57	0.000
2	Authoritarian	0	10	18	15	9	52	
3	Ignored	0	17	9	4	1	31	
4	Permissive	25	3	1	0	0	29	

Students with parents who apply pattern foster authoritative as many as 47 students (27.8%) who did not depression, 9 students (5.3%) with depression mild, and 1 student (0.6%) with depression medium. Students with parents with a style of nurturing authoritarian as many as 10 students (5.9%) with depression mild, 18 students (10.7%) with depression moderate, 15 students (8.9%) with depression weight, 9 students (5.3%) with depression very heavy. The student with parents who apply pattern foster ignored as many as 17 students (10.1%) with depression mild, 9 students (5.3%) with depression moderate, 4 students (2.4%) with depression weight, and 1 student (0.6%) with depression very heavy. A student with parents who apply pattern foster permissive as many as 25 students (14.8%) who did not depression, 3 students (1.8%) with depression mild, and 1 student (0.6%) with depression medium.

Chi-Square statistical test results from a study of $0.000 < (0.05)$ then concluded there is a significant relationship Between pattern foster parents with levels of depression among teenagers during the covid-19 pandemic.

Discussion

Based on results of research conducted at SMA Negeri 11 Makassar with amount sample of as many as 169 students / I class XII, there is a significant relationship among pattern parenting applied by parents with level incident depression teenagers at SMA Negeri 11 Makassar during the covid-19 pandemic. The results of this study are in line with research conducted by Solechah which shows a significant relationship between parenting patterns and the level of depression in adolescents at SMA Muhammadiyah 1 Ponorogo (15). Tarmudji argues the role of parents in educating, guiding, disciplining and protecting children to reach maturity (16). The inappropriate role of parents in educating children can lead to depression in children.

According to the theory, Rebecka's positive parenting patterns are considered to be able to reduce or minimize the incidence of depression in adolescents while negative parenting patterns are considered to be related to the incidence of adolescent depression (17). This theory is following the results of statistical tests which show a significant relationship between parenting applied by parents and the level of depression in adolescents. Parenting applied by parents influences the level of depression in adolescents where authoritarian parents tend to put heavy pressure on children and often parents limit children to express themselves so which seems harsh and harms children's development (18). Parents who apply permissive parenting tend to spoil their children so that they are worried that the child will not have a sense of responsibility because sometimes parents are afraid to set clear boundaries and worry that the child will be unhappy. Parents who apply authoritative parenting tend to invite children to discuss every problem faced by children, parents and children adjust to each other's various circumstances by guiding

children according to their abilities without demanding (19). Meanwhile, parents who apply neglected parenting tend not to place any demands on their children. All are released and there is no control. This parenting pattern is a form of indifference from parents. Children with this parenting pattern tend to lose touch and affection with their parents which will interfere with the process of personality development (20).

Parents who apply positive parenting patterns allow adolescents not to be depressed because children will get a feeling of security, avoid loneliness, are not afraid, and do not harbour protracted inner pressure to create a warm climate of friendship between adolescents and their parents. While parents who apply negative parenting patterns such as rejection and coercion can be a source of depression in adolescents where adolescents feel constrained and rejected in their opinions so that they cannot pour out their hearts, adolescents become depressed and anxious so that depression can occur (21).

Conclusion

The pattern of parenting greatly affects the stress level of adolescents. During the period of development and emotional changes, special companions are needed so that adolescents are mentally healthy. A good parenting pattern will greatly affect the development of adolescents.

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