



## PARENTING PATTERNS AND DEPRESSION LEVELS IN ADOLESCENTS AGED 16-18 YEARS: A CORRELATION STUDY

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### ABSTRACT

Depression in adolescents is a growing mental health problem that can impact psychological, social, and academic aspects. Parenting styles significantly impact adolescent mental health. Inappropriate parenting styles have the potential to lead to emotional problems, including depression. This study aimed to determine the relationship between parenting styles and depression levels in adolescents aged 16–18 at SMAN 1 Widodaren, Ngawi Regency. This study used a descriptive correlational design with a cross-sectional approach. The population was 1,158 and the sample size was 92 respondents, selected using stratified random sampling. Data were collected using the Parental Authority Questionnaire (PAQ) to measure parenting styles and the Beck Depression Inventory (BDI-II) to measure depression levels. Statistical tests used the Spearman Rank Test.

The analysis revealed a significant relationship between parenting styles and depression levels in adolescents aged 16–18 at SMAN 1 Widodaren. The findings confirm that implementing appropriate parenting styles is crucial for maintaining adolescent mental health and preventing depression. It is recommended that future research include other variables, such as social support or the school environment, to gain a more comprehensive understanding of the factors influencing adolescent depression.

Keywords: Depression, Parenting Styles, & Adolescents Aged 16-18.

### INTRODUCTION

Adolescence is a critical transition phase toward adulthood, marked by significant physical changes, psychological, and social challenges (Nurliza et al., 2024). During this period, adolescents face various challenges such as academic pressure, family conflict, bullying, and social demands, which can trigger mental health disorders, particularly depression (Eliza, 2023). Depression in adolescents is a growing mental health problem that can impact psychological, social, and academic aspects. Adolescence is a vulnerable period for emotional stress due to rapid physical, psychological, and social changes (Kalin, 2021). Pressure from the family and school environment can trigger stress and even depression (Subekti et al., 2020). According to WHO (2021) in Widyatmoko et al., 2025, Indonesia has approximately 9.1 million cases of depression, or 3.7% of the population. The 2022 I-NAMHS survey found that one in three adolescents in Indonesia suffers from mental health problems, a total of 15.5 million people (I-NAMHS, 2022). In East Java, data from the Indonesian Ministry of Health shows that approximately 97,746 adolescents in Ngawi Regency experienced depression in the past two weeks (Indonesian Ministry

#### Article History:

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



of Health, 2023). This figure indicates that the issue of adolescent depression requires serious attention, particularly in the education sector.

Previous research has shown that family factors, particularly parenting styles, play a significant role in determining psychological well-being in adolescents (Nisa et al., 2022). Three main parenting styles—authoritarian, permissive, and democratic—show different relationships with adolescent emotional development (Azzahra et al., 2021). According to Baumrind (1991), parenting styles are divided into three types: authoritarian, democratic, and permissive. Authoritarian parenting emphasizes strict discipline with little two-way communication, democratic parenting allows freedom with clear boundaries and open communication, while permissive parenting allows broad freedom without adequate control. These differences in parenting styles influence adolescents' personality development and emotional well-being.

According to (Sarwono, 2006) in (Hamidah & Rizal, 2022), adolescence, or the transition from childhood to adulthood, is marked by significant physical, emotional, and social changes (Sarwono, 2006). During this stage, individuals strive to discover their identity, increase their independence, and often experience psychological stress that can impact their health. Research by (Kholifah & Sodikin, 2020) demonstrated a significant relationship between parenting styles and emotional problems in adolescents. Another study by (Ardhya, 2020) concluded that democratic parenting styles were the least correlated with depression. However, most previous studies used a general approach or respondents from younger age groups (such as junior high school students), or were simply based on literature reviews without direct quantitative analysis.

This study offers a different approach by quantitatively examining the relationship between parenting styles and depression levels in adolescents using the Parental Authority Questionnaire (PAQ) and the Beck Depression Inventory-II (BDI-II). The research location, SMAN 1 Widodaren, Ngawi Regency, was chosen due to the relatively high prevalence of adolescent depression in Ngawi Regency (DinkesJatim, 2023). Based on data from the 2023 Indonesian Health Survey (SKI), approximately 97,746 adolescents (0.7%) experienced depression, and the East Java Provincial Health Profile recorded 2,269 cases in the Ngawi area. A preliminary study conducted by researchers in December 2024 with 20 students at SMAN 1 Widodaren indicated that some felt that their parenting styles left them depressed and lacking attention. These findings suggest the need for further research into the relationship between parenting styles and levels of depression in adolescents at the school.

Considering the limitations of previous studies, which were more general in nature or used younger respondents, this study is novel in its focus on the 16–18 age group, the use of two standardized instruments, and the understudied local context of Ngawi Regency. This study is expected to contribute to a deeper scientific understanding of the relationship between parenting styles and depression in high school-aged adolescents in the region. This study aimed to evaluate the relationship between parenting styles and depression levels in adolescents aged 16 to 18 at SMAN 1 Widodaren, Ngawi Regency.

## METHOD

The study was conducted using a quantitative method using a cross-sectional correlational approach, which was used to analyze the relationship between parenting patterns and levels of depression in adolescents. Data were collected

### Article History:

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



once through a survey using a standardized questionnaire that has been widely used in psychology and nursing research (Nursalam, 2020). The population in the study involved all students of SMAN 1 Widodaren aged 16-18 years as the population and were raised by their biological parents, with a total of 1,158 students. The sample calculation was carried out using the Slovin formula at a 10% error rate, resulting in a total of 92 respondents. Based on the results of the proportion calculation, 34 students aged 16 years, 32 students aged 17 years, and 26 students aged 18 years were randomly selected from a total population of 1,158 students at SMAN 1 Widodaren, Ngawi Regency. Sampling used the Stratified Random Sampling technique based on age groups (16, 17, and 18 years) so that each age stratum was represented proportionally (Sugiyono, 2018). The inclusion criteria for this study included students aged 16 to 18, living with their biological parents, and willing to complete the questionnaire. Respondents who did not meet the requirements or provided incomplete data were excluded from the analysis.

This study used two main instruments. Parenting styles were measured using the Parental Authority Questionnaire (PAQ), which consists of 30 questions, each representing three parenting styles: authoritarian, democratic, and permissive. Scoring was performed on a 4-point Likert scale, and results were interpreted based on the highest score in each category (Darmagita et al., 2022). Adolescent depression levels were measured using the Beck Depression Inventory-II (BDI-II), which consists of 21 questions and categorizes scores into no depression (score 0-13), mild depression (score 14-19), moderate depression (score 20-28), and severe depression (score 29-63) (Praptikaningtyas et al., 2019). Furthermore, the research data were analyzed using the Spearman Rank test. The research instrument has undergone validity and reliability tests to ensure data accuracy and consistency. The validity test results showed that all question items in the Parental Authority Questionnaire (PAQ) and Beck Depression Inventory-II (BDI-II) questionnaires were declared valid with a calculated  $r$  value greater than  $r$  table ( $\alpha = 0.05$ ). The reliability test using the Cronbach's Alpha method produced a value of 0.898 for the parenting questionnaire and 0.939 for the depression level questionnaire, which means both are reliable. This study has also obtained an ethical clearance certificate from the Health Research Ethics Committee of Muhammadiyah University of Ponorogo with number 652/ER/KEPK/2025 on May 16, 2025.

## RESULT AND DISCUSSION

This study was conducted on 92 adolescents aged 16–18 at SMAN 1 Widodaren, Ngawi Regency. The data collected includes respondent characteristics based on age, gender, parenting style, and depression levels. Furthermore, the analysis of the relationship between parenting style and depression levels is presented to provide an empirical overview of the influence of parenting styles on adolescent psychological well-being.

Table 1. Frequency Distribution of Respondents by Age at SMAN 1 Widodaren, May 22, 2025

Age	Frequency (F)	Percentage (%)
16	34	37,0
17	32	34,8
18	26	28,3
<b>Total</b>	92	100,0

### Article History:

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



*Sumber : Data Primer yang diolah SPSS'20, 2025*

Berdasarkan tabel 1, dapat diketahui bahwa dari 92 responden sebagian besar adalah siswa berusia 16 tahun sebanyak 34 responden (37,0%) sebagian kecil siswa berusia 18 tahun sebanyak 26 responden (28,3%).

Table 2. Frequency Distribution of Respondents Based on Gender at SMAN 1 Widodarean May 22, 2025

Gender	Frequency (F)	Percentage (%)
Male	33	35,9
Female	59	64,1
<b>Total</b>	92	100

Source: Primary data processed by SPSS'20, 2025

Based on table 2, it can be seen that of the 92 respondents, the majority, 59 respondents (64.1%) were female and 33 respondents (35.9%) were male.

Table 3. Frequency Distribution of Respondents Based on Parenting Style Type at SMAN 1 Widodaren

Parenting Styles	Frequency (F)	Percentage (%)
Authoritarian	10	10.9
Democratic	69	75.0
Permissive	13	14.1
<b>Total</b>	92	100.0

Source: Primary data processed by SPSS'20, 2025

Based on Table 3, the results of measuring parenting patterns using the Parental Authority Questionnaire (PAQ) instrument, from a total of 92 respondents, it appears that the majority received a democratic parenting pattern, as many as 69 respondents (75.0%) and a small portion received an authoritarian parenting pattern, as many as 10 respondents (10.9%).

Table 4. Frequency Distribution of Respondents Based on the Level of Depression in Adolescents at SMAN 1 Widodaren

Depression Level	Frequency (F)	Percentage (%)
Not Depressed	44	47.8
Mild Depression	19	20.7
Moderate Depression	9	9.8
Major Depression	20	21.7
<b>Total</b>	92	100.0

Source: Primary data processed by SPSS'20, 2025

Based on Table 4, depression levels were measured using the Beck Depression Inventory (BDI-II) questionnaire. Of the 92 respondents, 44 (47.0%) experienced no or moderate depression, and 9 (9.8%) experienced moderate depression.

#### Article History:

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



Table 5. Frequency Distribution of the Relationship between Parenting Styles and Depression Levels at SMAN 1 Widodaren

Parenting	Depression Rates in Adolescents									
	Not Depressed		Depression Light		Moderate Depression		Major Depression		Amount	
	N	%	N	%	N	%	N	%	N	%
Authoritarian	2	2.2	1	1.1	1	1.1	6	6.5	10	10.9
Democratic	35	38	17	18.5	8	8.7	9	9.8	69	75
Permissive	7	7.6	1	1.1	0	0	5	5.4	13	14.1
Total	44	47.8	19	20.7	9	9.8	20	21.7	92	100
<b>Spearman Rank</b>	p value $0.047 \leq \alpha 0.05$									

Source: Primary data processed by SPSS'20, 2025

In this parenting style, the majority of adolescents (35 adolescents) did not experience depression. The remaining 17 adolescents (18.5%) experienced mild depression, 8 adolescents (8.7%), and 9 adolescents experienced severe depression (9.8%). This finding indicates that democratic parenting tends to be associated with more stable psychological conditions in adolescents.

Authoritarian parenting was experienced by 10 adolescents (10.9%). Most of them experienced severe depression (6 adolescents) (6.5%). Only a small number (2 adolescents) did not experience depression, and one adolescent each experienced mild and moderate depression. These data indicate that authoritarian parenting is a higher risk for the development of severe depression in adolescents. Permissive parenting was applied to 13 adolescents (14.1%). Of these, 7 adolescents were not depressed, 1 experienced mild depression, and 5 experienced severe depression. There were no adolescents with moderate depression in this parenting style. These findings indicate that permissive parenting can also potentially lead to severe depression, although the prevalence is not as high as authoritarian parenting.

Overall, of the 92 respondents, 44 adolescents (47.8%) did not experience depression, while 48 adolescents (52.2%) experienced depression to varying degrees. This fact reflects the actual results, namely that the majority of adolescents in this study experienced symptoms of depression. The results of statistical tests using the Spearman Rank test showed a significance value of  $p = 0.047$ , with a significance level ( $\alpha$ ) of 0.05, meaning the  $p$  value  $\leq \alpha$ . The analysis results rejected  $H_0$  and accepted  $H_1$ . Therefore, it can be concluded that parenting styles are related to depression levels in adolescents aged 16–18 at SMAN 1 Widodaren.

This study aimed to examine the relationship between parental parenting styles and levels of depression experienced by adolescents aged 16-18. The main findings of this study indicate that the majority of adolescents experienced democratic parenting styles and were categorized as not experiencing depression. Furthermore, there was a significant negative correlation between the two variables. This means that the more positive or supportive the parental parenting style, the lower the likelihood of adolescents experiencing depression.

Interpretation of these findings suggests that parental parenting styles play a crucial role in shaping adolescents' psychological resilience (Makarim, 2021). Democratic parenting styles, characterized by open communication, affection, and

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Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



consistent boundaries, tend to create a safe environment for adolescents to express feelings and cope with psychosocial stress (Baumrind, 1991). In this context, adolescents raised with a democratic approach are better able to build self-esteem and effective coping skills, thus being more protected from the risk of depression (Azzahra et al., 2021). Conversely, adolescents who experience authoritarian or permissive parenting styles are more susceptible to emotional disorders. Authoritarian parenting, which tends to emphasize uncompromising obedience, can trigger stress and feelings of depression in adolescents. Meanwhile, permissive parenting, which is too lenient and lacks clear structure, can leave adolescents feeling under-directed and lacking self-control (Hurlock, 2002) in (Yang, 2024).

In this study, the majority of adolescents with democratic parenting styles were categorized as non-depressed, while moderate to severe depression was more common among adolescents with authoritarian and permissive parenting styles. These findings suggest that democratic parenting can be a protective factor against the risk of depression, as it encourages open communication, emotional support, and a balance between freedom and responsibility. Conversely, rigid authoritarian and permissive parenting styles with little supervision can lead to emotional distress that increases vulnerability to depression in adolescents.

These results align with several previous studies. A study by Kholifah & Sodikin (2020) found that adolescents who received democratic parenting styles appeared to be more likely to experience depression than those given authoritarian or permissive parenting styles. These differences in results may be due to differences in respondent characteristics and social environments across research locations. Furthermore, although democratic parenting is generally considered positive, its implementation is not always ideal. Some parents may grant excessive freedom without adequate emotional guidance, leaving adolescents feeling confused, lacking direction, and experiencing psychological distress in making their own decisions. This is in line with the findings of Stewart and Koch (1983) in AI. Tridhonanto & Beranda Agency, 2014) that the effectiveness of parenting is highly dependent on the social and cultural context, as well as the consistency of implementation within the family.

Another study by Azzahra et al., 2021, also showed that parenting styles significantly correlate with adolescents' psychological well-being, including symptoms of anxiety and depression. However, contextual differences, such as a family's cultural and economic background, can influence how adolescents perceive and interpret parenting styles.

The implications for nursing are significant, particularly in community health and school care. Nurses serve as educators and advocates who can help families understand the impact of parenting styles on adolescents' mental well-being. Furthermore, the results of this study emphasize the need for promotive and preventive programs involving collaboration between families, nurses, and schools to prevent mental disorders in adolescents. Schools can play a role through educational activities such as adolescent mental health education, family counseling, and positive parenting training for parents, so that the parenting styles implemented align with adolescents' psychological needs. The results of this study emphasize the need for promotive and preventive programs that involve families in efforts to prevent mental disorders in adolescents, including training in positive parenting for parents.

**Article History:**

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025





Thus, these research findings emphasize the importance of a family approach in adolescent mental health interventions and add to scientific evidence that parents' role is not only nurturing but also plays a crucial role in determining a child's long-term psychological stability.

## CONCLUSION AND RECOMMENDATION

The results of this study indicate that parental parenting is a significant factor influencing levels of depression in adolescents. Democratic parenting styles tend to be associated with lower levels of depression, while authoritarian and permissive parenting styles are associated with higher levels of depression in adolescents aged 16–18 at SMAN 1 Widodaren, Ngawi Regency. This research contributes to the development of nursing science, particularly in promotive and preventive efforts related to adolescent mental health, with an emphasis on family involvement. By highlighting the importance of parental involvement in shaping children's psychological health, these results are useful as a basis for increasing the effectiveness of family-based interventions in community and school nursing services. To strengthen these findings, further studies using a longitudinal approach and parenting intervention experiments in various social and cultural contexts are highly recommended to assess the effectiveness and generalizability of the results on a broader scale. This also includes expanding the location and number of respondents, adding other relevant variables, and considering mixed methods for more comprehensive and generalizable results.

## ACKNOWLEDGMENT

In conducting this research, the author received much assistance, support, and advice from various parties, many of whom cannot be mentioned individually. Therefore, the author expresses his deepest gratitude to God Almighty, his family, colleagues, and the entire academic community for their contributions, support, and financial motivation, which enabled this research to proceed smoothly.

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Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025



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Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025





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<https://doi.org/10.54097/p749vb20>

**Article History:**

Received: August 21, 2025; Revised: October 17, 2025; Accepted: October 31, 2025