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THE RELATIONSHIP BETWEEN PARENTING STYLE AND PEER SOCIAL SUPPORT WITH ADOLESCENT MENTAL HEALTH AT SMP NEGERI 2 PAKUHAJI

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ABSTRACT

Background: *Adolescence is a transitional period from childhood to adulthood characterized by rapid changes in physical, emotional, social, and psychological aspects, making adolescents vulnerable to mental health disorders. Adolescent mental health is influenced by parenting styles (democratic, authoritarian, permissive) that shape personality, as well as peer support, which is the primary source of emotional support.* ***Research Objective:*** *To determine the relationship between parenting and peer social support with adolescent mental health at SMP Negeri 2 Pakuhaji.* ***Research Methods:*** *This type of research is correlational analytic with a cross-sectional approach. The sampling technique used was proportionate stratified random sampling. The sample used in this study was 102 respondents. The instruments used were parenting questionnaire, Social Provision Scale (SPS) questionnaire and Self Reporting Questionnaire (SRQ-20).* ***Research results:*** *The results of statistical tests showed that the p-value between parenting patterns and adolescent mental health was 0.000 <0.05. The p-value between peer social support and adolescent mental health is 0.000<0.05.* ***Conclusion:*** *There is a significant relationship between parenting and peer social support with adolescent mental health at SMP Negeri 2 Pakuhaji.*

Keywords: Parenting; peer support; mental health; adolescents

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood, marked by rapid physical, hormonal, psychological, and social changes (Jahja in Kholifah & Sodikin, 2020). Changes that occur during adolescence, such as those affecting social, emotional, physical, family, school, and peer relationships, are factors that influence adolescents' mental health (Stuart et al., 2016). Mental health itself is a state of psychological well-being that enables individuals to face life's challenges, recognize their potential, learn and work effectively, and contribute to their communities (WHO, 2022).

According to the 2019 World Health Organization report on mental health, 1 in 8 people, or 970 million people worldwide, live with a mental disorder. Globally, 14% of adolescents aged 10-19 years live with a mental disorder. In the same year, 58 million children and adolescents experienced anxiety disorders, 23 million experienced depression, nearly 3 million experienced eating disorders, and 40 million people, including children and adolescents, lived with dissocial behavioral disorders (WHO, 2022). The Indonesia-National Adolescent Mental Health Survey (I-NAMHS) stated that mental health problems are widely experienced by adolescents, where one in three adolescents (34.9%) experienced a mental health problem in the past 12 months. Meanwhile, one in twenty (5.5%) Indonesian adolescents met the criteria for a mental disorder. Anxiety was the most common problem (26.7%) among adolescents aged 10-17 in Indonesia, followed by depression (5.3%), post-traumatic stress disorder (1.8%), behavioral problems (2.4%), and attention deficit hyperactivity disorder (10.6%) (I-NAMHS, 2022). The prevalence of mental and emotional disorders in Banten Province among residents aged 15 and over is 14.0%, and depression is 8.7% (Riskesdas, Ministry of Health, 2018). In Tangerang City, according to the 2023 Health Office, there were 902 cases of mental disorders, consisting of 731 cases of schizophrenia (81.04%) and 171 cases of acute psychosis (18.96%). In Tangerang Regency, the prevalence of severe mental disorders per population was 0.13%. This data

demonstrates the importance of addressing adolescent mental health issues (Tangerang Regency Health Office, 2023).

One important factor influencing adolescent mental health is parenting style, the process of educating, guiding, and disciplining children so they grow into adults in accordance with prevailing societal values. This parenting style significantly influences the development of a child's overall personality and behavior. Three commonly recognized parenting styles democratic, authoritarian, and permissive each have a different influence on a child's psychosocial development. Democratic parenting is a parenting style that provides freedom with clear boundaries, open communication, and a warm attitude from parents, thus supporting adolescents' emotional development. Conversely, authoritarian parenting tends to be rigid, demands obedience, and lacks communication. Permissive parenting, on the other hand, provides excessive freedom without supervision or clear demands (Devita, 2020). Various studies support the relationship between parenting styles and mental health. Research conducted by R. I. Ningrum et al. (2023) showed a significant relationship between parenting styles and mental health in adolescents. Similarly, Fitri et al. (2019) found that authoritarian and permissive parenting styles were widely used (58%) and were associated with borderline mental health conditions in adolescents, particularly emotional and behavioral problems, hyperactivity, and difficulties in social relationships.

In addition to parental parenting styles, peers also play a significant role in shaping adolescents' mental health. Peers, those of a similar age and maturity, often provide a platform for sharing stories and emotions, and provide a sense of acceptance. The influence of peers during adolescence is even stronger than at any other time (Rufaida, 2020). Peer support is a form of social support that adolescents desperately need during their development. Research conducted by (Rufaida et al., 2021) shows a significant relationship between peer social support and mental health problems in adolescents. Adolescents who receive high levels of peer social support tend to have normal mental health. Conversely, low levels of social support can increase the risk of psychological disorders.

Results of a preliminary study at SMP Negeri 2 Pakuhaji showed no deviant behavior, such as brawls, in the past six months. The principal stated that peer support significantly influences student behavior and emphasized the importance of social support such as motivation and attention to help students face educational challenges. He also added that no research related to mental health has been conducted at the school. The results of interviews with several students also showed variations in the parenting patterns they experienced at home, and regarding their peers, they also revealed that having close friends with whom they could share stories and care about their problems. When facing problems, in addition to their parents, these students also tended to talk to their close friends. They also revealed that they spent more time with friends at school, so they understood each other's characters and personalities. Based on this background, the author was interested in conducting research "The Relationship Between Parenting Style and Peer Social Support with Adolescent Mental Health at SMP Negeri 2 Pakuhaji".

MATERIALS AND METHODS

This type of research uses quantitative research with a correlational analytical method that aims to determine the relationship between variables, with a cross-sectional design. The study was conducted at SMP Negeri 2 Pakuhaji in March 2025. The population used was all students of SMP Negeri 2 Pakuhaji. The population in this study was 1,140 students, with a sample size of 102 samples. The sampling technique in this study used proportionate stratified random sampling. The research data sources were primary and secondary data. Primary data were obtained directly from filling out questionnaires, observation results and interviews. Secondary data were obtained from scientific articles, books and information from the principal of SMP Negeri 2 Pakuhaji in the form of the number of students, mental health descriptions, parenting patterns and peer support. Data analysis used univariate analysis and bivariate analysis. Univariate analysis describes the characteristics of each variable studied using frequency distribution tables and percentages. Bivariate analysis was carried out on two variables suspected of being related or correlated, namely by using the Chi-Square test.

RESULTS AND DISCUSSION

1. Univariate Analysis

   Univariate analysis was used to describe the frequency distribution of each studied variable. The tables below show the results of the univariate analysis for the variables of parenting style, peer social support, and adolescent mental health.

Table 1. Frequency Distribution of Respondents Based on Parenting Style at SMP Negeri 2 Pakuhaji (n=102)

Parenting Style	Frequency	Percentage (%)
Permissive	24	23,5%
Democratic	59	57,9%
Authoritarian	19	18,6%
Total	102	100%

Based on table 1, it shows that of the 102 respondents studied, the majority of respondents received a democratic parenting style from their parents, namely 59 respondents (57.9%), while a small number of respondents received an authoritarian parenting style, namely 19 respondents (18.6%).

Table 2. Frequency Distribution of Respondents Based on Peer Social Support at SMP Negeri 2 Pakuhaji (n=102)

Peer Social Support	Frequency	Percentage (%)
High	56	54,9%
Low	46	45,1%
Total	102	100%

Based on table 2, it shows that 56 respondents (54.9%) are included in the high peer social support category, and 46 respondents (45.1%) are in the low peer social support category.

Table 3. Frequency Distribution of Respondents Based on Mental Health of Adolescents at SMP Negeri 2 Pakuhaji (n=102)

Adolescent Mental Health	Frequency	Percentage (%)
Not indicated	56	54,9%
Indicated	46	45,1%
Total	102	100%

Based on table 3, it shows that 56 respondents (54.9%) did not have any indication of mental health disorders, while 46 respondents (45.1%) had indications of mental health disorders.

2. Bivariate Analysis

The bivariate analysis used in this study is the chi square test.

Table 4. Relationship between Parenting Style and Mental Health of Adolescents at SMP Negeri 2 Pakuhaji (n=102)

Parenting Style	Adolescent Mental Health				Total		*P Value*
	Not indicated		Indicated				
	F	%	F	%	F	%	
Permissive	0	0,0	24	100	24	100	0,000
Democratic	56	94,9	3	5,1	59	100	
Authoritarian	0	0,0	19	100	19	100	
Total	56	54,9	46	45,1	102	100	

The results of the statistical test using chi-square, obtained a p value of 0.000. A value of 0.000 <0.05 then the decision Ha can be accepted, which means there is a significant relationship between parenting style and the mental health of adolescents at SMP Negeri 2 Pakuhaji, Tangerang Regency.

Table 5. Relationship between Peer Social Support and Mental Health of Adolescents at SMP Negeri 2 Pakuhaji (n=102)

Peer Social Support	Adolescent Mental Health				Total		*P-Value*
	Not indicated		Indicated				
	F	%	F	%	F	%	
High	56	100	0	0,0	56	100	0,000
Low	0	0,0	46	100	46	100	
Total	56	54,9	46	45,1	102	100	

The results of the statistical test using chi-square, because the 2x2 table does not have an expected count value <5, the alternative test used is continuity correction. The results of continuity correction show asymp. sig (2-sided) or can be called a p-value of 0.000. A value of 0.000 <0.05 means that the decision Ha is accepted, which means there is a significant relationship between peer social support and adolescent mental health at SMP Negeri 2 Pakuhaji.

DISCUSSION

1. Univariate Analysis
   a. Description of Parenting Styles for Adolescents at SMP Negeri 2 Pakuhaji

Based on the research results, the most common parenting style received by respondents was democratic parenting, with 59 respondents (57.9%). This is in line with previous research conducted by Devita (2020), which found that the majority (63.5%) of respondents had a democratic parenting style. Adolescents raised with a democratic parenting style tend to have close relationships with their parents, making them more open in discussing the problems they experience. In this parenting style, parents strive to provide rational guidance and focus on problem-solving. They also value reciprocal communication, where there is a process of giving and receiving. Through communication, children can receive assistance in resolving their problems, thereby preventing mental health disorders (Syafitri, 2024). As seen from the percentage of respondents responses to the questionnaire, 51.0% of parents consistently remind their children to study hard, 56.9% of parents advise their children if they make mistakes, and 62.7% of parents support their children in pursuing their favorite hobbies. Democratic parenting reflects balanced control and emotional warmth, which supports adolescent autonomy while maintaining clear boundaries. This pattern suggests that most parents have adopted adaptive parenting practices that promote emotional regulation and open communication.

The second most common parenting style applied by parents to adolescents at SMP Negeri 2 Pakuhaji is permissive parenting, with 23.5%. Permissive parenting is a parenting style that allows children to interact freely and do whatever they want. This type of permissive parenting involves no rules set by parents, upholding the value of freedom for children, and a lack of guidance. This can result in a lack of parental control or control over their children's behavior (Maula, 2023). Permissive parenting is a parenting style in which parents show little concern for their adolescents. Parents with this parenting style generally exhibit low involvement, both emotionally and in establishing clear boundaries or rules, tend to ignore their children, and never give rewards or praise. Based on questionnaire analysis, 48.0% of parents often never help their children when they have difficulty with homework, 61.8% of parents don't encourage their children when they participate in competitions, 43.1% of parents don't give praise, and 45.1% of parents don't remind their children when they forget to study.

Furthermore, the third most common parenting style is authoritarian parenting, with 18.6%. Authoritarian parenting is a restrictive and punitive parenting style, requiring adolescents to obey their parents orders. Parents with this parenting style set strict limits and control over their children and tend to have minimal verbal communication (Devita, 2020). According to Subagia (2021), authoritarian parenting is characterized by complete parental dominance in decision-making. This parenting style is characterized by very strict control over children's behavior, the implementation of rigid rules, punishments for rule violations, and rarely giving praise. Based on questionnaire analysis, 53.9% of parents never reward their children for achievements, 41.2% of parents forbid their children from playing after school, and 33.3% of parents require their children to follow their rules or wishes.

Permissive parenting is characterized by low parental involvement and minimal supervision, while authoritarian parenting emphasizes strict control and limited dialogue. Both parenting styles limit adolescents' opportunities to develop self-regulation and emotional competence. These characteristics explain why these parenting styles are more closely associated with psychological vulnerability in adolescence.

   b. Description of Peer Social Support for Adolescents at SMP Negeri 2 Pakuhaji

The results of this study indicate that the majority of respondents perceived social support from peers as high. Fifty-six respondents (54.9%) reported high levels of peer social support, while 46 respondents (45.1%) reported low levels. This finding aligns with research conducted by Setyorini et al. (2025), which found that the majority of respondents (72.7%) reported high levels of peer social support. Peer social support is support provided by individuals within the same age range, including attention, appreciation, and assistance. This support is obtained through social interactions, allowing

individuals to feel cared for and emotionally connected by their environment. Social support also provides physical and psychological comfort for adolescents, allowing individuals to feel loved, valued, cared for, and accepted within their social group (Aviva, 2023).

Adolescents who receive high levels of social support tend to feel loved, cared for, and valued, which can reduce mental health disorders such as stress, anxiety, and depression. Peer support can also help adolescents overcome emotional problems and improve their coping skills (Syehifi et al., 2024). Peer social support is said to be low when adolescents feel that their abilities are still doubted by their peers, feel ignored by their peers, and feel that they still care less about their peers (Faqih, 2020). From these data, researcher assume that the high level of peer social support felt by some adolescents is related to their ability to establish positive social relationships and be in a supportive environment, while low support is caused by a lack of social skills, negative social experiences, or less supportive environmental conditions, which can impact adolescents' mental health.

c. Description of Mental Health of Adolescents at SMP Negeri 2 Pakuhaji

Based on the results of research on the mental health of adolescents at SMP Negeri 2 Pakuhaji, it was found that out of 102 respondents, there were 56 respondents (54.9%) who did not show any indication of mental health disorders, while 46 respondents (45.1%) showed indications of mental health disorders. This indicates that more than half of the adolescents in this study had good mental health conditions. In line with previous research conducted by Anggarjita et al., (2025), it was found that the majority (87.8%) of respondents had normal mental health. Good mental health is a psychological condition in which an individual is in a stable, peaceful, and balanced emotional state, so that they are able to carry out daily activities productively, respect those around them, utilize their potential to the maximum, cope with lifes pressures adaptively, and build positive interpersonal relationships (Duana et al., 2023). Several factors that contribute to good mental health conditions in this group include adequate peer social support. Adolescents who have good relationships with their peers generally feel accepted, valued, and not alone in facing lifes pressures. This is in line with research conducted by Pangestu & Nurhadianti (2024), which showed a significant positive relationship between social support from peers and psychological well-being in adolescents.

Furthermore, the results showed that 46 respondents (45.1%) indicated mental health disorders. This figure indicates that nearly half of adolescents experience certain psychological symptoms that could lead to mental disorders. This is a concern because it indicates that adolescents are a group that is quite vulnerable to psychological distress. The WHO (2024) revealed that 1 in 7 adolescents aged 10-19 worldwide experience a mental disorder, accounting for 15% of the global burden of disease in this age group. Mental health disorders can develop into more serious problems and potentially hinder various activities that adolescents should be able to carry out optimally (Amaniey, 2022). Mental health problems can be influenced by the family environment, peers, school environment, community environment, and social media (Santrock in Jayuputri et al., 2024).

Based on research findings, it can be assumed that adolescent mental health is influenced by social support, parenting styles, and the family and school environment. Strong protective factors contribute to mental well-being, but the high rate of disorders indicates the need for special attention to prevention and early intervention efforts.

2. Bivariate Analysis

a. The Relationship between Parenting Styles and Mental Health of Adolescents at SMP Negeri 2 Pakuhaji

Based on the chi-square test results, a p-value of 0.000 was obtained, indicating a significant relationship between parenting styles and adolescent mental health at SMP Negeri 2 Pakuhaji. This is in line with research conducted by (Maula et al., 2023) which showed a significant relationship between parenting styles and adolescent mental health. One family factor that influences children's mental health is the parenting style implemented by parents. This study showed that respondents who indicated mental health disorders were in permissive and authoritarian parenting styles. Permissive parenting is a parenting style in which parents give complete freedom to children without setting strict rules or providing adequate guidance. Children are given full rights to make decisions and behave without control or demands from parents (Adawiyah in Azzahra et al., 2021). Furthermore, the results of the study showed that adolescents who indicated mental health disorders were in authoritarian parenting styles, as many as 19 respondents (100%). This is in line with research (Kholifah & Sodikin, 2020), which shows a relationship between parenting styles and emotional mental health problems, with a p-value of 0.000. In this study, parents who implement an

authoritarian parenting style were the parenting style most likely to cause emotional mental health problems.

Based on the study results, 56 respondents (94.9%) did not show any indication of mental health disorders. This aligns with previous research conducted by Mardiah et al. (2022), which showed that adolescents with democratic parenting styles showed no signs of experiencing emotional mental health problems. Furthermore, the study results showed that 3 respondents (5.1%) with democratic parenting styles also showed indications of mental health disorders. This is in line with research (Ningrum et al., 2023), which found that democratic parenting not only has positive impacts but can also have negative impacts, such as reduced time spent together between parents and children, emotional instability in children, and the potential for conflict between the two. Another study conducted by Hoskins in Devita (2020) stated that parents with a democratic parenting style apply a high level of monitoring during childhood, which then decreases slightly as the child enters adolescence. This can put adolescents with democratic parents at risk for developing emotional and mental health problems.

Permissive and authoritarian parenting styles produced a 100% indication rate of mental health problems because both disrupt emotional regulation through different mechanisms. Permissive parenting lacks structure, monitoring, and guidance, which weakens adolescents' self-control and coping capacity, increasing vulnerability to stress. Authoritarian parenting imposes excessive control and limits emotional expression, generating chronic psychological pressure and promoting internalization of distress. In a cross-sectional adolescent sample, these opposing but maladaptive patterns intensify emotional vulnerability, resulting in uniform mental health indications. These findings confirm that extremes of parental control function as strong risk factors for adolescent mental health problems.

b. The Relationship between Peer Social Support and Mental Health of Adolescents at SMP Negeri 2 Pakuhaji

The study results obtained a statistical test with a p-value of 0.000, indicating a relationship between peer social support and the mental health of adolescents at SMP Negeri 2 Pakuhaji. This finding is supported by research conducted by Rufaida et al. (2021), which showed a significant relationship between peer social support and mental health problems in adolescents. Another study by Awwaliyah et al. (2025) showed that peer social support has a significant positive influence on adolescent psychological well-being. Peer support can help adolescents cope with stress and challenges, as well as increase self-confidence and self-esteem. Research shows that adolescents with strong peer social support tend to have better psychological well-being, while a lack of peer support can lead to feelings of loneliness and isolation, potentially increasing the risk of mental health problems such as depression and anxiety.

High peer social support demonstrated a 100 percent protective effect in this sample due to its role as a primary stress-buffer during adolescence. Supportive peer relationships reduce perceived stress by providing emotional validation, shared problem solving, and social acceptance. These mechanisms prevent emotional distress from accumulating into measurable mental health symptoms.

High peer support also strengthens adaptive coping. Adolescents with strong peer connections are more likely to express emotions, seek assistance, and regulate stress effectively, thereby reducing internalization of psychological problems. The sense of belonging generated by peer acceptance enhances self-worth, which is a key protective factor against anxiety and depressive symptoms.

These findings indicate that, in this context, peer social support functioned as a dominant protective system for adolescent mental health rather than a simple correlational factor.

CONCLUSION

Based on the results of research conducted on the relationship between parenting styles and peer social support and the mental health of adolescents at SMP Negeri 2 Pakuhaji, the following conclusions can be drawn:

1. The most common parenting style experienced by students in this study was democratic parenting, with 59 respondents (57.9%), followed by permissive parenting with 24 (23.5%) and authoritarian parenting with 19 (18.6%).
2. Most students in this study experienced high levels of peer social support, with 56 respondents (54.9%), while 46 (45.1%) experienced low levels of peer social support.

3. The mental health conditions most frequently experienced by students were those without indications of mental health disorders, with 56 respondents (54.9%) and 46 (45.1%) indicating mental health disorders.
4. There is a significant relationship between parenting styles and adolescent mental health at SMP Negeri 2 Pakuhaji (p-value = 0.000 <0.05).
5. There is a significant relationship between peer social support and adolescent mental health at SMP Negeri 2 Pakuhaji (p-value = 0.000 <0.05).

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