

THE ROLE OF PERCEIVED AUTHORITATIVE PARENTING STYLE TOWARDS THE RESILIENCE OF YOUNG ADULTS IN INDONESIA

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Abstract

Abstract. Resilience, a protective factor against the increasing risk of young adults' mental health, is found to be decreasing in Indonesia. On the other hand, parenting styles are found to be one of the factors influencing resilience. Being the most effective parenting style for children's development, this study aims to examine the role of perceived authoritative parenting style towards the resilience of young adults in Indonesia. This research was done with 171 young adults in Indonesia who filled out the self-report instruments for this study: the Resiliency Scale for Young Adults (RSYA), and the Parenting Style Circumplex Inventory (PSCI). With simple linear regression analysis, the results indicated that father's perceived authoritative parenting style significantly predicts resilience ($F(1, 169) = 30.2, p < .001$), by having a positive and significant relationship with it. Mother's perceived authoritative parenting is also found to predict resilience ($F(1, 169) = 27.4, p < .001$), with a positive and significant relationship. The presence of behavioral control, warmth and support, including autonomy-granting that is implemented by authoritative parents are the aspects that potentially contribute to the increase of children's resilience.

Keywords: *Young adults, resilience, perceived authoritative parenting style*

Abstrak. Resiliensi, faktor protektif terhadap risiko kesehatan mental dewasa muda yang meningkat, ditemukan menurun di Indonesia. Di sisi lain, pola asuh orang tua merupakan salah satu faktor yang mempengaruhi resiliensi. Dengan pola asuh otoritatif yang berpengaruh paling efektif terhadap perkembangan anak, penelitian ini bertujuan untuk mengamati peran persepsi pola asuh otoritatif terhadap resiliensi dewasa muda di Indonesia. Penelitian ini melibatkan 171 dewasa muda di seluruh Indonesia yang mengisi instrumen laporan diri untuk penelitian ini: *Resiliency Scale for Young Adults (RSYA)*, dan *Parenting Style Circumplex Inventory (PSCI)*. Dengan menggunakan analisis regresi linear sederhana, hasil penelitian menunjukkan bahwa persepsi pola asuh otoritatif ayah dapat memprediksi resiliensi ($F(1, 169) = 30.2, p < .001$), dengan hubungan yang positif dan signifikan. Persepsi pola asuh otoritatif ibu juga ditemukan memprediksi resiliensi ($F(1, 169) = 27.4, p < .001$), dengan hubungan yang positif

dan signifikan. Kehadiran pengendalian perilaku, kehangatan dan dukungan, termasuk pemberian otonomi yang diimplementasikan orang tua otoritatif memiliki potensi untuk berkontribusi terhadap peningkatan resiliensi anak.

Kata kunci: Dewasa muda, resiliensi, persepsi pola asuh otoritatif