

## **Analysis of the Relationship between Parenting Style and the Risk of Depression in Teenagers**

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### **ABSTRACT**

*Depression is an emotional state usually characterized by extreme sadness, feelings of worthlessness and guilt. Depression in teenagers requires support from parents for teenagers to be able to overcome it as well. Parents with a democratic parenting style will make the child's personality self-controlled and good with his friends. Among various factors influencing the risk of depression, parenting style is one of them. This study aimed to analyze the relationship between parenting style and the risk of depression. It is observational analytical research using a cross-sectional approach, by analyzing data of 102 respondents from grade 11 SMA N 7 Bekasi determined through purposive sampling. Data obtained was analyzed univariately for respondent's characteristics and its bivariate analysis used the Chi-square test. The results showed the significant relationship between parenting style and the risk of depression ( $p = 0.000, <0.05$ ).*

**Keywords:** parenting style; depression; teenagers

### **ABSTRAK**

Depresi adalah keadaan emosional yang biasanya ditandai dengan kesedihan yang luar biasa, perasaan tidak berarti dan rasa bersalah. Depresi pada remaja membutuhkan dukungan dari orang tua untuk remaja dapat mengatasinya dengan sebaik mungkin. Orang tua dengan pola asuh demokratis akan membentuk kepribadian anak yang dapat mengendalikan diri dan berhubungan baik dengan teman-temannya. Adapun risiko depresi dapat dipengaruhi banyak faktor, salah satunya pola asuh orang tua. Penelitian ini dilakukan untuk menganalisis hubungan antara pola asuh orang tua dengan risiko terjadinya depresi pada remaja. Penelitian ini menggunakan desain penelitian observasional analitik dengan pendekatan *cross sectional* dengan menganalisis 102 responden dari siswa kelas 11 SMA N 7 Bekasi yang ditentukan *purposive sampling*. Data yang diperoleh dianalisis secara univariat untuk karakteristik responden dan analisis bivariat menggunakan uji Chi square. Hasil analisis menunjukkan hubungan signifikan antara pola asuh orang tua dengan risiko terjadinya depresi ( $p = 0,000, <0,05$ ).

**Kata Kunci:** pola asuh orang tua; depresi; remaja



## INTRODUCTION

Teenage is a transition from childhood to adulthood, a developmental phase that changes life. Changes in teenagers include physical, behavioral, cognitive, biological, and emotional that include problems social, emotional, physical, and family, school, and peers (Stuart, 2013). The Ministry of Health states that teenagers have always been considered the healthiest period in life. Teenagers' physical growth is not always related to maturity of abilities their thinking and emotions, the process of searching for identity also occurs during teenager and not recognizing oneself, which can cause various problems (Kemenkes RI, 2018).

According to the National Comorbidity Survey (NCS), teenagers between the ages of 15 and 18 are most susceptible to depression, with 20% of those affected being 18 years old. The World Health Organization (WHO) also stated that 1 in 4 teenagers at this age suffer from depression. The Basic Health Survey (Riskesdas, 2018) shows that more than 19 million teenagers over the age of 15 suffer from mental disorders.mental health and more than 12 million teenagers over the age of 15 suffer from depression (Rokom, 2021). Teenagers with depression experience changes in thinking such as poor academic performance, difficulty concentrating, fear of death, loss of interest and motivation, pessimism and self-blaming

(Stuart, 2013).

According to Matejevic, Jovanovic dan Ilic (2015), several studies show that emotional closeness with parents is very important for teenager's mental health. According to research conducted by Matejevic, Jovanovic dan Ilic (2015), teenagers with parenting styles that are too restrictive can cause depression because authoritarian parenting is a parenting style that has many rules and threatens to obey the parents' wishes (Tasuab, 2021). Study of Tasuab (2021), showed permissive parenting means letting children do what they want, parents do not punish and there is no control, in this parenting style there is a lack of closeness between family members. Research by Safitri dan Hidayati (2013), shows that parents who apply democratic parenting to the majority of teenagers (up to 63.8%). This will create a child's personality that can control itself and relate well to its friends.

A preliminary study conducted by researchers at SMAN 7 Bekasi City, researchers obtained data from guidance and counseling teachers that found students who had lost interest and motivation in learning, lost self-confidence, were pessimistic, and felt suicidal, while teenagers should enjoy their teenage years with happy and loving parents. Researchers also conducted an interview with a student at SMAN 7 Bekasi

City. The results of the interviews obtained showed that students expressed a lack of parental love because their parents were too busy at work and too free in socializing and studying, so they felt jealous of their friends who were always guided by their parents. Regarding the background explained, researchers are encouraged to examine further the relationship between parenting styles and the risk of depression in teenagers.

## **METHOD**

This is observational analytical research with a cross-sectional approach. The population of this research is teenagers of grade 11 at SMAN 7 Bekasi City. The research used 102 respondents sampling with purposive sampling technique. The inclusion criteria are teenagers aged 15-19 years, grade 11, living with their parents, still receiving parental care, willing to act as respondents and fill out informed consent and exclusion criteria, namely teenagers who receive care other than their parents, have moved from SMA N 7 Bekasi during the research period. The research was conducted in April-May 2023 at SMAN 7 Bekasi, with the risk of depression as dependent variable and the parenting style as independent variable. This

research uses a standardized questionnaire and has been tested for validity and reliability on 35 teenager respondents and 30 elderly respondents in accordance with the inclusion and exclusion criteria. There are several questionnaires, namely characteristics (age, gender, order of children, parental divorce, family conflict, family economics, bullying), parenting style questionnaire (The Parental Care Style Questionnaire), and depression risk questionnaire (Patient Health Questionnaire-9).

The data collection technique was carried out by giving questionnaires directly to respondents according to the inclusion and exclusion criteria. Before the research was carried out, the researcher first obtained ethical approval from the health research ethics committee of the Ministry of Health Jakarta III Health Polytechnic with ethical number No.LB.02.02/04270/2023. Univariate analysis to identify the characteristics of respondents and bivariate analysis using chi square to determine the relationship between parental characteristics and parenting style and the risk of depression.

**RESULTS AND DISCUSSION****Table 1.** The characteristics of respondents

<b>Characteristics</b>	<b>Frequency (n)</b>	<b>Percentage (%)</b>
<i>Age (years)</i>		
15-16	40	39.2
17-19	62	60.8
<i>Gender</i>		
Female	70	68.6
Male	32	31.4
<i>Children's order</i>		
Only child	22	21.6
Eldest child	20	19.6
Middle child	25	24.5
Yongest child	35	34.3
<i>Parental divorce</i>		
Yes	14	13.7
No	88	86.3
<i>Family circumtances</i>		
Often experience quarrel	23	22.5
Always harmonious	79	77.5
<i>Family economics</i>		
Working, Income <UMP (Provincial Minimum Wage)	24	23.5
Working, Income $\geq$ UMP (Provincial Minimum Wage)	78	76.5
<i>Bullying</i>		
Yes	16	15.7
No	86	84.3

Based on the table above, data on the characteristics of teenagers at SMAN 7 Bekasi City can be seen, namely teenagers aged 17-19 years (60.8%), female gender (68.6%), youngest child (34.3%), no divorce. parents (86.3%), families are always harmonious (77.5%), parents work with an income  $\geq$  UMP (Provincial Minimum Wage) (76.5%), and teenagers do not experience bullying (84.3%). In this study, it was found that most teenagers had never experienced their parents' divorce. Divorce can be interpreted as the end of the relationship between a man and a woman which is decided by law or religion (talak), because there is no mutual attraction, no mutual trust, and no compatibility, giving rise to disharmony in the household (Untari, *et al.*, 2018 in Hasanah, 2020). In other matters found in the family environment, most teenagers and their families are always in harmony. Parental relationships which are often characterized by conflict make communication with children difficult, while relationships related to divorce, death and families with unfavorable economic conditions also affect teenagers' intellectual

development (Wuon, Bidjuni and Kallo, 2016). Teenagers with the highest family income have working parents, income  $\geq$  UMP (Provincial Minimum Wage). Putri's research results (2014) show that family economic status is a factor that influences psychosocial stress. In this study, economic status was ranked fourth among six factors with an overall prevalence of 15 people, including 3 people (2.1%) with mild stress and 12 people (8.5%) with moderate stress.

In other matters in the social environment, most teenagers have never experienced as much bullying. Previous research in Indonesia found that the most common form of bullying among teenagers was verbal bullying (Visty, 2021). Teenagers need social interaction with their peers, spending time outside the home, and face-to-face communication with other people (Zuo *et al.*, 2021 in Rahmy dan Muslimahayati, 2021). Lack of these things causes many psychological problems, including depression, anxiety, and changes in daily activities.

**Table 2.** Frequency Distribution of Respondents Based on Parenting Style and Risk of Depression

Characteristic	Frequency (n)	Percentage (%)
<i>Parenting style - teenagers</i>		
Authoritarian	15	14.7
Permissive	16	15.7
Democratic	71	69.6
<i>Parenting style - parent</i>		
Authoritarian	16	15.7
Permissive	17	16.7
Democratic	69	67.6
<i>Risk of depression</i>		
Occurred	39	38.2
Not occurred	63	61.8

Based on the table above, it is found that the parenting style seen from teenagers is democratic (69.6%), the parenting style seen from parents is democratic (67.6%), and there is no risk of depression (61.8%). Table 2 shows that there are still many teenagers who receive parenting styles other than democratic parenting. This is in line with research by Rahmatia, Helvian and Trisnawaty (2022), with a sample of 169 students. The results of univariate analysis show that 33.7% of teenagers get democratic parenting, while 17.2% received a permissive parenting style and 30.8% received an authoritarian parenting style. Research conducted by Fitriana and Mustafida (2019) also shows that the most common parenting style is democratic parenting (45%), while permissive parenting (26%) and authoritarian parenting (29%).

According to Suryandari (2020), children of

authoritarian parents are often unhappy, anxious and lack self-confidence when dealing with other people, cannot initiate activities and have poor communication skills, and tend to behave aggressively. Children of democratic parents are often happy, self-confident and independent, and achievement oriented. According to Baumrind in Adnan (2018), permissive parenting causes children to control themselves, not want to obey and not participate in environmental activities. In this research, there are several different conclusions regarding the application of parenting styles that children perceive and those given by parents, such as children who feel that the parenting style given by their parents is a democratic parenting style, while the parenting style given by parents is an authoritarian parenting style. In line with research by Najwalillah (2023), where respondents considered the role of parents

to be very important in guiding respondents in their lives. This condition cannot be separated from the way the parents raised the respondent when they were in the family environment. Even though parents were bad at educating and often angry, respondents did not feel appreciated, but respondents did not feel oppressed because respondents often received bad treatment and respondents did not consider this to be a problem.

The results of table 2 on the risk of depression are in line with Axelta and Abidin, (2022), with a sample of 216 teenagers. The results of the univariate analysis showed that 75.5% did not experience mental disorders while 24.5% did. Another research by Emilda, Machira dan Wahab (2016), with a sample of 200 students was conducted at Yogyakarta City High School. The results of univariate

analysis showed that 59% of teenagers did not experience depression and 41% of teenagers experienced depression.

This research shows that there are still many teenagers who are at risk of developing depression due to various characteristic factors, and there are even teenagers who also feel depressed even though they are not facing a problem. This is in line with Sevani (2015) in Djohan *et al.* (2022), that everyone is at risk of experiencing mental disorders. Emotional mental disorders and depression in teenagers require serious attention because they can affect teenager behavior, emotions and thinking. All parties need to care about the mental health of themselves and those closest to them so that efforts can be made to prevent impacts that could harm each person and society as a whole.

**Table 3.** Relationship between age and risk of developing depression

Age (years)	Risk of Depression				P value	OR
	Occured		Not Occured			
	n	%	n	%		
15-16	9	22.5	31	77.5	0.009	0.310
17-19	30	48.4	32	51.6		

The results of the analysis in table 3 are that teenagers aged 17 - 19 years are most at risk of developing depression with 30 people (48.4%) compared to 9 people aged 15 - 16 (22.5%). Based on the Chi-Square test, the

p-value was 0.009, where the p-value < a value was 0.05, which means there is a significant relationship between age and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was



found that the Odds Ratio (OR) value was 0.310, which means that those aged 17 - 19 had a 0.3 times higher chance of experiencing depression than those aged 15 - 16 years.

This research shows that as people get older, teenagers become more aware of mental health problems and increasingly experience pressure on them, so it is not uncommon for teenagers to link their

problems with mental health. The results of this study are in line with (Tika Yulian, 2020), which shows that there is a significant relationship between age and mental health in teenagers in classes X and compared to ages 10-14. Based on survey results from the Indonesia National Adolescent Mental Health Survey (I-NAMHS), one in three teenagers aged 10 to 17 years in Indonesia experiences mental health problems (Rachmawati, 2020).

**Table 4.** Relationship between gender and risk of developing depression

Gender	Risk of Depression				P value	OR
	Occurred		Not Occured			
	n	%	n	%		
Female	32	45.7	38	54.3	0,022	3,008
Male	7	21.9	25	78.1		

The results of the analysis in table 4 are female teenagers who are most at risk of developing depression with 32 people (45.7%) compared to teenagers there were 7 men (21.9%). Based on the Chi-Square test, the p-value was 0.022, where the p-value < a value was 0.05, which means there is a significant relationship between gender and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was found that the Odds Ratio (OR) value was 3.008, which means that women have a 3 times higher chance of experiencing depression.

The results of the analysis in table 4 are female teenagers who are most at risk of developing depression with 32 people (45.7%) compared to teenagers there were 7 men (21.9%). Based on the Chi-Square test, the p-value was 0.022, where the p-value < a value was 0.05, which means there is a significant relationship between gender and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was found that the Odds Ratio (OR) value was 3.008, which means that women have a 3 times higher chance of developing depression than men.

The results of this study show that women tend to experience a greater risk of depression, this is because women tend to associate their problems with their hearts and feelings. In line with research by Emilda, Machira dan Wahab (2016), which shows a significant relationship between gender and depression in teenagers. Teenager girls are more likely to experience depression than teenager boys. Teenager girls respond to problems by focusing on their inner feelings rather than taking action to relieve the stress they feel. Studies in

Canada, the UK and the US show that women suffer from depression significantly more often.

It is estimated that by 2030, depression will be the leading cause of illness and one of the leading causes in women worldwide. Depression is twice as common in women as men (ages 14-25), with a prevalence of 5.5% in women and 3.2% in men, meaning women are 1.7 times more likely to be affected than men (Albert, 2015).

**Table 5.** Relationship between child order and risk of developing depression

Child order	Risk of Depression				P value
	Occurred		Not Occured		
	n	%	n	%	
Only child	12	54.5	10	45.5	0,094
Eldest child	10	50	10	50	
Middle child	8	32	17	68	
Youngest child	9	25.7	26	74.3	

The results of the analysis in table 5 show that only children experience the greatest risk of depression with 12 people (54.5%) compared to 10 eldest children (50.0%), 8 middle children (32.0%), and 8 children (32.0%). the youngest children were 9 people (25.7%). Based on the Chi-Square test, the p-value was 0.094, where the p-value > a value was 0.05, which means there is no significant relationship between the

order of children and the risk of depression at SMAN 7 Bekasi City.

The results of this study show that each sequence of children has tasks and their respective roles, the order of children cannot be used as a measure of the risk of depression in teenagers. As in research conducted by Wati, Subroto and Satiadarma (2017), which said that there was no influence of anxiety on order in children.

The risk of depression cannot be determined from the order of children, but from the independence and responsibility of each individual child as well as environmental factors that can influence the risk of depression in the order of children. This agrees with Subroto, Satiadarma dan Wati (2017), that parents should treat each child

fairly so as not to cause jealousy which then causes anxiety in the future. Several factors related to birth order include parental demands, sense of responsibility, independence, discipline and parental attention (Khoirunnisa, 2016 in Karina dan Herdiyanto, 2019).

**Table 6.** Relationship between parental divorce and the risk of developing depression

Divorce	Risk of Depression				P value	OR
	Occured		Not Occured			
	n	%	n	%		
Yes	13	92.9	1	7.1	0.000	31
No	26	29.5	62	70.5		

This research shows that teenagers whose parents are divorced tend to experience the risk of depression, while teenagers whose parents are not divorced are 31 times less likely to experience the risk of depression, this is because parental separation will make children feel like they have lost the warmth of a family. This is in line with research by Cahayatiningsih, Apriliyani dan Rahmawati (2022), which shows that losing

a parent due to divorce or death influences the incidence of depression in teenagers. Children who experience family conflict due to divorce feel they have lost their sense of kinship (in this situation the child feels neglected and alone), the quality of the relationship with their parents decreases because the child is more closed off, feels insecure, and feels very sad.

**Table 7.** Relationship between family conflict and the risk of developing depression

Family conflict	Risk of Depression				P value	OR
	Occured		Not Occured			
	n	%	n	%		
Often experience quarrel	21	91.3	2	8.7	0.009	0.310

Always harmonious	18	22.8	61	77.2
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The results of the analysis in table 7 show that teenagers whose families often experience arguments are at the greatest risk of developing depression with 21 people (91.3%) compared to 18 teenagers whose families are always harmonious (22.8%). Based on the Chi-Square test, the p-value was 0.000, where the p-value < a value was 0.05, which means there is a significant relationship between family conditions and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was found that the Odds Ratio (OR) value was 35.583, which means that teenagers with families who often experience arguments have a 35.6 times higher chance of developing depression than families who are always harmonious.

The results of this study show that teenagers who are at risk of depression tend to have families who often experience quarrels, and teenagers whose families are always harmonious are 35.6 times less likely to experience depression. This is because teenagers whose families are always harmonious, spend a lot of time and talking

with family members, while teenagers whose families often fight tend to never open up to family members and this will lead to a lack of communication and interaction between parents and teenagers.

The results of this study are in line with research by Emilda, Machira dan Wahab (2016), which shows that there is a significant relationship between parent-adolescent closeness and the prevalence of depression in teenagers. This research found that the percentage of teenagers who were not close to their parents suffered from depression 3.7 times higher (55.9%) compared to the percentage of teenagers who were close to their parents and suffered from depression (15.1%). In this study, factors that contribute to depression and anxiety in teenagers include closeness to the teenager's parents, father-mother conflict, excessive parental involvement, and lack of parental attention and supervision. In addition, this study also identified types of gender and parental occupation as factors causing depression in teenagers.

**Table 8.** Relationship between family economics and the risk of developing depression

Parent Job	Risk of Depression				P value	OR
	Occured		Not Occured			
	n	%	n	%		
Working, Income < UMP (Provincial Minimum Wage)	16	66.7	8	33.3	0.001	4.783
Working, Income $\geq$ UMP (Provincial Minimum Wage)	23	29.5	55	70.5		

The results of the analysis of table 8 of teenagers whose parents work with an income < UMP (Provincial Minimum Wage) are at risk of developing depression as many as 16 people (66.7%), while teenagers whose parents work with an income  $\geq$  UMP (Provincial Minimum Wage) experience, the risk of developing depression was 23 people (29.5%). Based on the Chi-Square test, the p-value was 0.001, where the p-value < a value was 0.05, which means there is a significant relationship between family economics and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was found that the Odds Ratio (OR) value was 4.783, which means that teenagers with working parents, < UMP (Provincial Minimum Wage) had a 4.8 times higher risk of developing depression than working parents whose income was  $\geq$  UMP (Provincial Minimum Wage).

The results of this study show that economic difficulties can influence interactions between parents and teenagers through the care provided due to parents' lack of attention to their children. In line with Emilda, Machira dan Wahab (2016), who showed a significant relationship between parental work and depression in teenagers. According to Simons, Whitbeck, & Wu (1994) in Fatimah, Sunarti dan Hastuti (2020), teenagers whose parents are under economic pressure are at risk of experiencing harsh parenting and this certainly has an impact on teenager development outcomes, and teenagers will imitate interaction styles. the. Teenagers will learn from their parents in friendship, how to imitate parents in resolving conflicts through violence rather than negotiation (Downey & Coyne, 1990 in Fatimah, Sunarti dan Hastuti, 2020). A poor family economy often gives rise to conflict within

the family, which has a negative impact on the family atmosphere. The family's economic situation According to Simons, Whitbeck, & Wu (1994) in (Fatimah, Sunarti dan Hastuti (2020), teenagers whose parents are under economic pressure are at risk of experiencing harsh parenting and this certainly has an impact on teenager development outcomes, and teenagers will imitate interaction styles. the. Teenagers will learn from their parents in friendship, how to imitate parents in resolving conflicts through violence rather than negotiation

(Downey & Coyne, 1990 in Fatimah, Sunarti dan Hastuti, 2020). A poor family economy often gives rise to conflict within the family, which has a negative impact on the family atmosphere. The family's difficult economic situation encourages parents to look for additional work and even leave the family to migrate. Children who experience separation from their parents because of work make children far from their parents and trigger feelings of sadness in children (Saputri and Nurrahima, 2020).

**Table 9.** Relationship between Bullying and the Risk of Depression

Bully	Risk of Depression				P value	OR
	Occured		Not Occured			
	n	%	n	%		
Yes	15	93.8	1	6.3	0.000	38.750
No	24	27.9	72.1	72.1		

The results of the analysis of table 9 of teenagers who had experienced bullying were at risk of developing depression as many as 15 people (93.8%), while there were 24 teenagers who did not experience bullying (27.9%). Based on the Chi-Square test, the p-value was 0.000, where the p-value < a value was 0.05, which means there is a significant relationship between bullying and the risk of depression at SMAN 7 Bekasi City. From the results of the analysis, it was found that the Odds Ratio (OR) value was 38.750, which means that teenagers who had experienced

bullying had a 38.8 times higher chance of developing depression than teenagers who had never experienced bullying.

Research by Ramadhani dan Retnowati (2013) shows that there is a significant relationship between bullying and depression. Bullying does not exist if the perpetrator does not have the desire to bully. This desire cannot arise without encouragement or motivation. This motivation can come from within a person or from outside him (Visty, 2021).

According to researchers' assumptions, this research shows that teenagers who have never been bullied are 38.8 times less likely to experience depression than teenagers who have been bullied. This could be caused by various factors in teenagers, one of which is their parents' parenting style. Parents who do not provide democratic parenting tend to influence children's behavior. In line with Akbar dan Fatah (2022), poor parenting style will affect teenagers' lives. Teenagers who are raised badly tend to behave badly, such as bullying. The parenting style of children with bullying behavior has a parental background that is authoritarian and permissive. That means negative parenting style can increase

children's bullying behavior. Kasome's (2020) research also shows that depression in teenagers is closely related to bullying and closeness between parents and teenagers. Teenagers can establish good communication with parents and school to avoid bullying.

According to WHO in Kementerian Pemberdayaan Perempuan dan Perlindungan Anak (2017), violence against children includes all forms of violence against children, such as physical violence, sexual violence, and emotional or psychological violence, which can affect children's health, child development and self-esteem.

**Table 10.** Relationship between parenting styles and the risk of developing depression

Parenting Style	Risk of Depression				P value
	Occured		Not Occured		
	n	%	n	%	
Authoritarian	11	73.3	4	26.7	0.000
Permissive	15	93.8	1	6.3	
Democratic	13	18.3	58	81.7	

The results of the table analysis show that 10 teenagers who received permissive parenting experienced the highest risk of depression with 15 people (93.8%) compared to 11 people with authoritarian parenting (73.3%) and 13 people with democratic parenting (18.3%). Based on the Chi-Square test, the p-value was 0.000, where the p-value < a value was 0.05, which means there is a relationship between parenting style and the risk of depression at SMAN 7 Bekasi City.

The results of this research show that the majority of teenagers who receive a very significant democratic parenting style do not experience the risk of depression, this is because parents with a democratic parenting style tend not to force their children to follow all their orders and do not allow their children to carry out daily activities. So that children can be more open to their parents by telling them about the problems they are facing. In line with Hidayanti, Febriana dan Setyowati (2023), with 189 respondents at SMAN 1 Boja, there is a relationship between parenting style and stress levels in high school students.

In research by Rahmatia and Helvian (2022), with 169 respondents, it was shown that there was a significant relationship between the parenting style chosen by parents and the incidence of teenager depression at SMA Negeri 11 Makassar. The inappropriate role

of parents in raising children can cause depression in children. Parental demands influence the level of depression in teenagers, because parents who apply an authoritarian parenting style tend to put a lot of pressure on children, and parents often limit children's self-expression, making them look rude and disrupting children's development. Parents with a permissive parenting style tend to let their children go so they worry that their children will be less responsible, because sometimes parents are afraid to set clear boundaries and are afraid of giving unpleasant advice to their children. Parents who use a democratic parenting style tend to invite their children all the time to discuss all the problems their children have. Parents and children adapt to different circumstances and situations.

In this research, there are several different conclusions regarding the application of parenting styles that children perceive and those given by parents, such as children who feel that the parenting style given by their parents is a democratic parenting style, while the parenting style given by parents is an authoritarian parenting style. However, even though there are differences in the parenting style conclusions obtained from those given by parents, children are not at risk of depression. This is in line with research by Juhardin and Roslan (2016), which shows that authoritarian parenting



has a positive effect on children's behavior, for example being diligent in praying, having good manners and being obedient to their parents. In Fuad 2010 in Azzahra *et al.*, (2021), authoritarian parenting influences the intellectual development process of teenagers in terms of thinking, behaving and assessing the good and bad of something.

Santrock 2007 in Ayun (2017), states that the family has a very important role in the development of a child's personality. The loving care of parents and enlightenment about religious values and socio-cultural life are factors that can prepare children to become healthy individuals and members of society.

Parents have a responsibility to protect and care for their children as they grow up. The attitudes and character of parents are very important for children's development, because children imitate the behavior and attitudes of their environment and their parents. Openness between parents and children is important because it protects children from negative influences outside the family environment. Parents play an important role in parenting because they can help children develop self-discipline (Nuraini *et al.*, 2021).

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## CONCLUSION

The results of research conducted at SMAN 7 Bekasi City were that the majority were late teenagers (17 – 21 years), female, youngest child, teenagers whose parents were not divorced, teenagers whose families were always harmonious, teenagers whose parents worked and earned income  $\geq$  UMP (Provincial Minimum Wage), teenagers never experience bullying, teenagers receive a democratic parenting style, parents provide a democratic parenting style, and teenagers do not experience the risk of depression. The results of the study show that there is a

relationship between parental parenting style and the risk of depression ( $p=0.000$ ), with the majority of teenagers who receive democratic parenting style not experiencing a significant risk of depression at 81.7%. The results of this research show that other factors are associated with the risk of teenager depression, such as age, gender, parental divorce, family conflict, family economics, and bullying.

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