

RESEARCH ARTICLE

**The Relationship between Parenting Style Implementation and the Occurrence of Stress Among Strawberry Generation Adolescents in the Makassar Region**

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**Abstract:**

**Introduction:** Stress is a common psychological phenomenon experienced by adolescents and may have either positive (eustress) or negative (distress) effects on mental health and psychosocial development. Parenting styles play an important role in shaping adolescents' ability to understand and manage stress.

**Objective:** This study aimed to analyze the relationship between parenting styles and the occurrence of stress among adolescents.

**Methods:** This study employed a quantitative design with a cross-sectional approach involving 85 students from SMA Islam Athirah Bukit Baruga, Makassar City. Stress levels were measured using the Perceived Stress Scale (PSS) and the Adolescent Distress–Eustress Scale (ADES), while parenting styles were assessed using the Parental Authority Questionnaire. Data analysis was conducted using univariate and bivariate analyses with the Chi-square test.

**Results:** The results showed that most respondents experienced moderate stress levels, and the majority of adolescents experienced positive stress (eustress). Authoritative parenting was predominantly found among adolescents experiencing positive stress, whereas authoritarian and permissive parenting styles were more dominant among adolescents experiencing negative stress. Statistical analysis revealed a significant relationship between parenting styles and stress occurrence among adolescents ( $p = 0.044$ ;  $p < 0.05$ ).

**Conclusion:** Balanced parenting characterized by appropriate control and warmth plays an important role in promoting positive stress (eustress) among adolescents.

**Keywords:** adolescents, stress, eustress, distress, parenting style

**INTRODUCTION**

Mental health is equally as important as physical health in determining overall individual well-being. The World Health Organization (WHO) emphasizes the

principle that “there is no health without mental health,” a concept that has now been globally recognized. Mental health among children and adolescents is a critical issue due to its long-term impact on psychosocial

development and mental health in adulthood. Efforts to promote, prevent, and protect mental health in children and adolescents play a crucial role in supporting the achievement of the 17 Sustainable Development Goals (SDGs). Specifically, Sustainable Development Goal 3 highlights the importance of ensuring healthy lives and promoting well-being for all populations at every stage of life. Target 3.4 of the SDGs focuses on reducing premature mortality from non-communicable diseases and improving mental health and well-being. In this context, effective mental health interventions have the potential to serve as key accelerators in achieving these sustainable development objectives.<sup>1</sup>

Mental health disorders represent a significant public health challenge, particularly in low- and middle-income countries in Southeast Asia, where access to mental health services remains limited and shortages of trained mental health professionals persist.<sup>2</sup> Depression and anxiety disorders are major contributors to the global burden of disease and are known to frequently emerge at a young age. These disorders account for a substantial proportion of disability among adolescents and young adults aged 12–24 years. Early onset of mental health disorders is associated with long-term adverse consequences at the individual, social, and economic levels. Therefore, early preventive interventions have become a global priority. Given that most mental health disorders begin to develop during adolescence, this period represents a strategic and optimal phase for the implementation of targeted, evidence-based preventive efforts.<sup>3</sup>

Mental health problems constitute an important public health issue due to their

close association with individuals' ability to function in daily life. This issue requires serious attention, particularly in Indonesia, given the high prevalence of mental health disorders in several regions. South Sulawesi Province has consistently been reported among the top ten regions with the highest incidence of mental health problems. Stress is one form of mental health disorder, defined as a psychological condition arising from an imbalance between external demands and pressures and an individual's capacity to cope with them, which may subsequently affect both physical and mental health.<sup>4</sup> Globally, it is estimated that approximately 322 million people experience stress, anxiety, and depression, with a population prevalence of 4.4%, while around 254 million individuals suffer from anxiety disorders, with a prevalence of 3.6%.<sup>2</sup> Beyond emotional consequences, poor mental health among adolescents may lead to long-term outcomes, including self-harming behaviors, aggressive tendencies, and suicidal ideation. Therefore, adolescent mental health represents a critical issue that requires comprehensive attention and management.<sup>5</sup>

Adolescent mental health is a priority issue in the field of public health. Globally, it is estimated that approximately 13–19% of adolescents experience various forms of mental health problems, and several studies have reported an increasing trend in the prevalence of these disorders within this age group.<sup>6</sup> In Indonesia, data from the 2018 Basic Health Research (Riskesdas) indicate that the prevalence of stress among adolescents aged 15–24 years reached 10%. At the regional level, South Sulawesi Province reported a higher prevalence of 14.79%, while in Makassar City, the

prevalence of stress among individuals aged over 15 years reached 17.86%. Furthermore, the 2018 Riskesdas reported that the incidence of depression and anxiety disorders tends to increase during adolescence (15–24 years), with a prevalence of 6.2%.<sup>7</sup> Nationally, the prevalence of emotional and mental disorders, including stress, among the Indonesian population aged over 15 years was recorded at 9.8%. Interprovincial variations indicate the highest prevalence in Central Sulawesi (11.6%) and the lowest in Lampung Province (1.2%), while North Sulawesi reported a prevalence of 10.3%, which is above the national average. Stress is generally perceived as a detrimental condition for most individuals due to its potential negative impact on psychological functioning and overall well-being.<sup>8</sup>

Adolescents represent a strategic age group as the future generation and serve as the foundation for the nation's sustainable development. The adolescent developmental stage is particularly significant, as it encompasses processes of growth and maturation that contribute to the formation of character, cognitive abilities, and psychosocial functioning.<sup>9</sup> Adolescence is also a critical period for the development of academic and psychological functioning. Imbalances in academic and psychological aspects during adolescence are multifactorial, involving interactions among biological, genetic, and situational factors. From the perspective of Self-Determination Theory, parenting practices that fail to fulfill adolescents' basic psychological needs are considered one of the most significant risk factors for impaired academic and psychological development.<sup>10</sup> Overall, suboptimal mental health conditions

constitute a major risk factor during adolescence. Therefore, ensuring the availability of comprehensive support and services for adolescents across various aspects of life, including mental health and well-being, is essential to establish a strong foundation for a healthy and productive transition into adulthood.<sup>11</sup>

Adolescence is a developmental period that is particularly vulnerable to stress, primarily due to multiple developmental transitions involving biological, psychological, and social changes. Although adolescents experience increasing autonomy in decision-making, they are simultaneously confronted with growing demands, responsibilities, and more complex social expectations. These conditions position adolescents as a population requiring special attention in the context of mental health. In social discourse in Indonesia, the current young generation is often referred to as the "Strawberry Generation," a term originally used to describe youth in Taiwan during a period of rapid technological modernization and progressive educational reform, and later adapted to characterize millennials and Generation Z in Indonesia.<sup>12</sup> This term represents the perception that young people possess strong potential and favorable external characteristics, yet are considered to have a higher vulnerability to psychosocial stress. The "strawberry" metaphor is used to illustrate this condition, suggesting that the psychological resilience of young people is perceived as not yet optimally developed in coping with stress and life challenges. This conceptualization underscores the importance of strengthening coping capacity and resilience among adolescents as part of promotive and preventive mental health efforts.<sup>13</sup>

Based on these conditions, this study was conducted in response to the increasing prevalence of stress and mental health problems among adolescents, particularly in South Sulawesi, Indonesia, where mental health resources remain limited. The high prevalence of adolescent stress and their vulnerability during critical developmental transitions underscore the need for context-specific evidence to inform effective preventive and promotive mental health interventions. Accordingly, this research aims to contribute empirical findings to support adolescent mental health promotion within the public health and sustainable development framework.

## METHODS

This study employed a quantitative design with an observational approach and a cross-sectional design, in which data were collected at a single point in time to assess the relationship between parenting styles and stress levels among adolescents. This approach was chosen because it allows for efficient analysis of associations between variables within a specific population. The study population consisted of students from SMA Islam Athirah Bukit Baruga, Makassar City, aged 16–18 years. The sample was selected using purposive sampling, based on predefined inclusion and exclusion criteria. The inclusion criteria comprised students who were willing to participate as respondents and who completed the questionnaires in full, while the exclusion criteria included students with a previously diagnosed psychological disorder.

Data were collected using questionnaires with established validity and reliability. The instruments used included the Revised Parental Authority Questionnaire (PAQ-R)

to assess parenting styles, the Perceived Stress Scale Questionnaire (PSS-10) to measure respondents' stress levels, and the Adolescent Distress–Eustress Scale to evaluate stress experiences. These questionnaires were adapted into the Indonesian language to ensure better comprehension among respondents.

Data analysis was conducted using Microsoft Excel 2013 and the Statistical Package for the Social Sciences (SPSS). The analysis was performed in two stages: univariate analysis to describe the frequency distribution of the study variables, and bivariate analysis using the Chi-square test to identify the association between parenting styles and adolescents' stress levels. The Chi-square test was applied to determine whether a significant relationship existed between the independent variable (parenting style) and the dependent variable (stress level). This study received ethical approval from Universitas Islam Negeri Alauddin Makassar (Ethical Approval No. E.080/KEPK/FKIK/XI/2024).

## RESULTS

### Univariate Analysis

**Table 1. Distribution of the Sample Based on Respondents' Characteristics**

Characteristics	Frequency (N)	Percentage%
Age		
16 years old	43	50,6
17 years old	42	49,4
Sex		
Male	41	48,2
Female	44	51,8
Grade level		
Grade 10	29	34,1
Grade 11	27	31,8
Grade 12	29	34,1

<b>Total</b>	<b>85</b>	<b>100%</b>
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Table 1 presents the analysis of respondents' characteristics based on age, showing that 43 students (50.6%) were 16 years old, while 42 students (49.4%) were 17 years old. In terms of sex distribution, the data indicate that 41 male students accounted for 48.2% of the participants, whereas 44 female students comprised 51.8%. Examination of respondents by grade level revealed that 29 students were in Grade 10 (34.1%), while 27 students were in Grade 11 (31.8%). Additionally, 29 students were in Grade 12, also representing 34.1% of the sample.

**Table 2. Distribution of the Sample Based on Parenting Style Characteristics**

Parenting Style	Frequency (N)	Percentage%
Permissive	12	14,1
Authoritarian	27	31,8
Authoritative	46	54,1
<b>Total</b>	<b>85</b>	<b>100%</b>

Table 2 shows the distribution of respondents based on parenting styles assessed using the Revised Parental Authority Questionnaire (PAQ-R). Of the 85 respondents, 12 students (14.1%) experienced permissive parenting, 27 students (31.8%) experienced authoritarian parenting, and the majority, 46 students (54.1%), experienced authoritative parenting.

**Table 3. Distribution of the Sample Based on Respondents' Stress Levels**

Stress Level	Frequency (N)	Percentage%
Mild	3	3,5
Moderate	77	90,6
Severe	5	5,9
<b>Total</b>	<b>85</b>	<b>100%</b>

Table 3 presents the distribution of respondents based on stress levels measured using the Perceived Stress Scale (PSS). Among the 85 students, 3 students (3.5%) experienced mild stress, the majority—77 students (90.6%)—experienced moderate stress, and 5 students (5.9%) experienced severe stress.

**Table 4. Distribution of the Sample Based on Stress Occurrence**

Stress Category	Frekuensi	Persentase%
Positive stress (Eustress)	71	83,5
Negative stress (Distress)	14	16,5
<b>Total</b>	<b>85</b>	<b>100%</b>

Table 4 illustrates the distribution of respondents based on stress occurrence assessed using the Adolescent Distress–Eustress Scale. Of the total respondents, 71 students (83.5%) were classified as experiencing positive stress (eustress), while 14 students (16.5%) experienced negative stress (distress).

### Analisis Bivariat

**Table 5. Association Between Parenting Styles and Stress Occurrence Among Adolescents**

Stress Category	Parenting Style						p-value
	Permissive		Authoritarian		Authoritative		
	N	%	N	%	N	%	
Positive stress (Eustress)	8	11,2	19	26,8	44	62	0,044
Negative stress (Distress)	4	28,6	8	57,1	2	14,3	
<b>Total</b>	<b>12</b>	<b>14,1</b>	<b>27</b>	<b>31,8</b>	<b>46</b>	<b>54,1</b>	

Table 5 shows that under permissive parenting, 8 respondents experienced positive stress (eustress) (11.2%), while 4 respondents experienced negative stress

(distress) (28.6%). Under authoritarian parenting, 19 respondents experienced positive stress (26.8%), and 8 respondents experienced negative stress (57.1%). In contrast, under authoritative parenting, 44 respondents experienced positive stress (62.0%), whereas only 2 respondents experienced negative stress (14.3%).

## DISCUSSION

### Univariate Analysis

Based on Table 2, the distribution of scores on the Parental Authority Questionnaire–Revised (PAQ-R) indicates that most respondents fell within the score range of 91–103, with a score of 91 being the most frequently observed (10.6%). This finding suggests variability in parenting styles among respondents, with a stronger tendency toward structured and communicative parenting practices, particularly authoritative parenting. This pattern indicates that authoritarian and permissive parenting styles were relatively less dominant compared to the balanced nature of authoritative parenting. These findings are consistent with the study by Nuritasari (2020), which reported that authoritative parenting is the most commonly applied parenting style. This style is characterized by parental involvement in children’s activities and the provision of autonomy accompanied by clearly defined boundaries.<sup>14</sup> Furthermore, Santrock, as cited by Intan Ningrum (2023), classified parenting styles into three main types, one of which is authoritative or democratic parenting, which plays a key role in fostering children’s independence while simultaneously providing necessary guidance. Parents who adopt an authoritative parenting style tend to apply bidirectional

communication through explanations, discussions, and reasoning in their parenting practices, thereby facilitating dialogical interactions between parents and children.<sup>15</sup>

Based on Table 3, the distribution of respondents’ stress levels measured using the Perceived Stress Scale (PSS) shows that out of 85 students, 3 students (3.5%) experienced mild stress, 77 students (90.6%) experienced moderate stress, and 5 students (5.9%) experienced severe stress. The distribution of PSS scores indicates that the majority of respondents were classified within the moderate to high stress categories. This finding suggests that most respondents experienced a considerable level of stress in coping with daily life demands, although the majority had not reached the level of severe stress.

Based on Table 4, the distribution of stress experiences measured using the Adolescent Distress–Eustress Scale (ADES) shows that out of 85 students, 71 students (83.5%) were classified as experiencing positive stress (eustress), while 14 students (16.5%) experienced negative stress (distress). The distribution of ADES scores demonstrated the highest concentration at a score of 18, achieved by 22.4% of respondents, indicating that most adolescents perceived the stress they experienced as more motivating than disruptive. Other relatively dominant scores included 16 and 20, accounting for 10.6% and 12.9% of respondents, respectively. In contrast, extreme scores—both very low (score of 6) and very high (score of 36)—were each observed in only 1.2% of respondents. These findings suggest that the majority of adolescents experienced stress at levels that were still tolerable and even perceived as adaptive and constructive.

These results are consistent with the study by Pradipta and Hanami (2024), which reported that adolescents generally possess a relatively good understanding of their stress experiences.<sup>16</sup> Adequate understanding of stress represents an important foundation for the development of adaptive coping strategies, which may result in positive stress (eustress). Additionally, these findings are in line with the study by Maitri et al. (2020), which demonstrated that individuals with higher levels of resilience tend to experience less negative stress (distress), whereas those with lower resilience are more vulnerable to distress.<sup>17</sup>

### **Bivariate Analysis**

The results of the bivariate analysis presented in Table 5 indicate a statistically significant association between parenting styles and stress occurrence among adolescents ( $p = 0.044$ ;  $p < 0.05$ ). Adolescents experiencing positive stress (eustress) were predominantly those raised under authoritative parenting, whereas adolescents experiencing negative stress (distress) were more commonly found among those exposed to authoritarian and permissive parenting styles. These findings suggest that a balance between the dimensions of control and warmth in parenting plays an important role in shaping adolescents' perceptions of and responses to stress. Authoritative parenting, characterized by emotional warmth, bidirectional communication, and clear yet consistent boundaries, enables adolescents to develop better emotional regulation and more adaptive coping skills. As a result, stress experienced by adolescents under this parenting style is more likely to be perceived

as a motivating challenge rather than as a disruptive pressure.<sup>14</sup>

In contrast, authoritarian and permissive parenting styles reflect an imbalance between control and warmth, which may hinder the development of autonomy and stress management skills in adolescents. Authoritarian parenting tends to emphasize high levels of control accompanied by low emotional warmth, potentially leading to increased psychological pressure, anxiety, and difficulties in emotional expression among adolescents. Meanwhile, permissive parenting is characterized by relatively high warmth but minimal structure and boundaries, which may result in inadequate self-regulation skills when adolescents face demands and pressures. These conditions may increase adolescents' vulnerability to negative stress (distress).<sup>14</sup>

The findings of this study are consistent with previous research emphasizing that the quality of the parent-child relationship, particularly in terms of emotional support and consistency in parenting practices, plays a significant role in adolescents' psychological well-being. A study by Oppenheimer et al. (2019) demonstrated that adolescents exposed to supportive and positive parenting styles had a lower risk of experiencing stress and depression, whereas less supportive parenting was associated with increased distress symptoms<sup>18</sup>. Furthermore, Nguyen et al. (2020) highlighted that parental warmth, active involvement, and parents' ability to foster adolescents' motivation and internal regulation contribute to adolescents' capacity to recognize, manage, and express stress in adaptive ways.<sup>19</sup>

These results are further supported by the findings of Windarwati et al. (2020),

which reported that family harmony is associated with adolescents' stress levels, with more harmonious family relationships being linked to lower stress levels.<sup>13</sup> In the context of long-term development, negative parenting experiences during adolescence may increase vulnerability to psychological disorders later in life by lowering stress tolerance thresholds.<sup>20</sup> Therefore, responsive, warm, and balanced parenting not only plays a role in reducing negative stress but may also serve as a protective factor that supports adolescents' psychological resilience.

Overall, these findings support the study hypothesis that parenting styles are associated with stress occurrence among adolescents. Authoritative parenting tends to be associated with positive stress (eustress), whereas authoritarian and permissive parenting styles are more closely related to negative stress (distress). Thus, the results underscore the importance of parental roles in creating a family environment that supports adolescents' emotional development, particularly in equipping them with adaptive capacities to cope with everyday pressures and demands.

## CONCLUSION

This study demonstrates a significant association between parenting styles and stress levels among Strawberry Generation adolescents in Makassar City. Although similar associations have been reported in previous studies, these findings emphasize the importance of parenting practices within a specific sociocultural and generational context and highlight the need for family-based approaches in adolescent mental health promotion and prevention.

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