



Relationship between Parenting Style and Stress for Parents During the Covid-19 Pandemic in Bojongsari Depok

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Abstract

As a global pandemic, COVID-19 has caused unprecedented changes to the lives of families. However, only a few have explored the impact of COVID-19 on parents, especially the parenting style and stress level. Our study assesses the relationship between parenting style and stress for parents during the COVID-19 pandemic. Parents (N=40) of 0-18-year olds completed a cross-sectional online survey assessing current COVID-19 specific parenting style and stress for parents. The study data were collected between May 13 and 30, 2021. This study used a parenting pattern questionnaire to examine type of parenting style and Depression, Anxiety, Stress (DASS) to determine stress level. Descriptive statistics and bivariate correlation were examined using SPSS 20.0. It was noted that 75% of the mothers did not work. The study revealed that 65% of parents reported no or minimal stress, 17.5% with mild stress, 15% with moderate stress, and 2.5% suffered from very severe stress. Additionally, 82.5% of parents applied democratic parenting, 10% applied authoritarian parenting and 7.5% applied permissive parenting. Our findings indicate that there is no correlation between parenting style and stress for parents during the COVID-19 pandemic.

Keyword: Parenting, Stress, Children, Covid 19,

Introduction

The COVID-19 pandemic, due to infection with SARS-CoV-2, has spread all around the world, including Indonesia, and is showing very fast transmission. The World Health Organization (WHO), on March 11, 2020, ratified COVID-19 as a pandemic. The coronavirus (COVID-19) has many impacts on life, not only social and economic problems but also psychological problems. Various efforts to reduce the number of infected cases have been carried out, including restrictions on mobility, social quarantine or stay-at-home (Spinelli, Lionetti, Pastore, & Fasolo, 2020).

The COVID-19 has changed the routines of many people and also children. Mental health problems often occur during natural disasters but lack of serious attention to handling. It is known from the pandemic that occurred in 2001, SARS-cov-3 that the population experienced psychological stress during the pandemic at that time (Xue et al., 2021). The COVID-19 pandemic has caused stressors in many households, as parents have to adapt between their children being home schooled, working remotely or not being able to work at all, while worrying about possible financial and health problems

for the family (Achterberg, Dobbelaar, Boer, & Crone, 2021). That is, parents have a high level of stress with various new roles without getting much support including in child care (Freisthler et al., 2021). In addition, parents provided many new rules so that children also adapted to their conditions as well during the COVID-19 pandemic, seeing their children change from obedient beings to rebels. This condition not only provides new stressors for parents but also puts more pressure on children (Rezai Niaraki, Rahimi, & Sciences, 2013). Prolonged parental stressors can create a bad influence which may be caused individuals perceive this events as stress that can affect poor parenting for children (Brown et al., 2020). While appropriate parenting style by parents is done by providing emotional, social and intellectual support for children through communication, especially in meeting the needs of children during mass quarantine (Ozturk Eyimaya & Yalçın Irmak, 2021). In addition, supportive parenting style can prevent stress and provide good neurobiological and socio-emotional development in child (Fisher et al., 2016; Roos et al., 2021). Children who experience poor parenting style and high stress levels can affect developmental delays, mental health disorders, diseases such as asthma, diabetes and obesity and in the future, it may effect four times the decline in physical and mental health conditions (Oh et al., 2018).

During the COVID-19 Pandemic, most of the research was conducted to look at psychological problems in the general population and only a few explored the impact of COVID-19 on parents and children. The goal of this work is to inform the relationship between parenting style and stress for parents during pandemic covid-19 in Depok.

Methods

An online survey was created via Google form to investigate the parenting style including democratic, authoritarian, permissive and Stress during the Covid-19 pandemic in Depok. Survey data collection was from May 2, 2021 to June 8, 2021. The questionnaire included 44 question and took 10-15 minutes for participants to complete. Resident of Bojongsari, Serua, Depok were initially targeted in this study. We approach the leader of District Bojongsari that helped to post the link of online survey to their WhatsApp. To eligible for survey participation, the sample of this study was parent of children aged 0 months-17 years and agree to participate in this study. Parents who were not biological of the children was excluded from this study. In total, 40 respondents

joined the survey. Participant were informed to complete only one questionnaire per family and who had more than one child were asked to complete questionnaire for their youngest child. Participants were informed that participation in this study was voluntary.

The first part of survey is to explore demographics characteristics included children age, educational level and employment status of parents. The second part of questionnaire is Parenting questionnaire was adapted from Indra Budi Antari (2020) that consist 30 items with provide two response for each question, namely: (0) No, (1) Yes. This is a self-report questionnaire consist of three 10-item subscales, measure authoritarian, democratic and permissive. The democratic parenting included question number 1 until 10. The authoritarian parenting included question number 11 until 20. The permissive parenting included number 21 until 30. Cronbach's Alpha for parenting pattern questionnaire 0.64 for democratic parenting, 0.74 for authoritarian parenting and 0.71 for permissive parenting (Indra Budi Antari, 2020).

The third part of DASS questionnaire Bahasa Indonesia version that was translated by (Damanik) 2011 for measure the sub-scale of stress. The 14 items of the DASS to measure stress level provide 4 responses for each question, (0) not apply to me at all, (1) applied to me to some degree or for some of the time, (2) applied to me a considerable or for a good part of time, (3) applied to me very much or most of the time. The reliability of the DASS Indonesian version was excellent (0.95) and the Cronbach's Alpha coefficient for stress level was 0.88 (Damanik, 2011). Descriptive statistics and bivariate correlation among study variables was used to analyzed the data by using Statistical Package for Social Sciences (SPSS) version 20.0.

Results

Table 1 showed demographic characteristics of participants. All respondents who completed the surveys were mothers (100%) and most were highly educated 65% having at least a university degree. Most parent were also employed at homemaker or full-time parent (75%). Among parent's youngest, most were 0 to 11 months in age (30%), 27.5% of parents, had at least one child whose age was from 1-5 years, 30 % of parent had only one child of age 5 or older.

**Table 1 .
Demographics Characteristics of for parents and their children (n=40)**

Characteristics	N	%
Children Age		
< 1 years	12	30.0
≥ 1-5 years	11	27.5
≥ 5 years	17	42.5
Educational level		
Elementary school	2	5.0
Junior high school	2	5.0
Senior high school	10	25.0
Diploma/University	26	65.0
Employment Status		
Homemaker (full-time parent)	30	75
Merchant	2	5.0
Private employment	3	7.5
Government employment	3	7.5
Entrepreneur	2	5.0

**Table 2.
Parenting Style of Parents in Depok (N=40)**

	Mean	SD	N	%
Parenting Style	17.5	2.09		
Democratic			33	82.5
Authoritarian			4	10.0
Permissive			3	7.5

Table 2 showed parenting style of parents. The mean score of parenting style was 17.5 (SD=2.09). About 82.5% of parent applied democratic parenting, 10% applied authoritarian parenting and 7.5% applied permissive parenting.

**Table 3.
Stress level of Parents in Depok (N=40)**

	Mean	SD	N	%
Stress	13.8	6.59		
Normal			26	65
Mild			7	17.5
Moderate			6	15
Very severe			1	2.5

Table 3 showed the score and level of stress among parents in Depok. The mean score of stress was 13.8 (SD=6.59). 65% reported no or minimal stress, 17.5% experienced mild stress, 15% had moderate stress, 2.5% suffered from very severe.

Table 4.
Stress Level by Demographics Characteristics of for parents in Depok (N=40)

Characteristics		Stress Level							
		Normal		Mild		Moderate		Very severe	
		N	%	N	%	N	%	N	%
Education	Elementary school	2	100	0	0	0	0	0	0
	Junior high school	2	100	0	0	0	0	0	0
	Senior high school	5	50	3	30	2	20	0	0
	Diploma/University	17	65.4	4	15.4	4	15.4	1	3.8
Employment Status	Homemaker (full-time parent)	19	63.3	5	16.7	5	16.7	1	3.3
	Merchant	2	100	0	0	0	0	0	0
	Private employment	2	66.7	1	33.3	0	0	0	0
	Government employment	2	66.7	0	0	1	33.3	0	0
	Entrepreneur	1	50	1	50	0	0	0	0

Table 4 showed stress level by demographics characteristics of parents. 30% of parents with senior high school education experienced mild stress and 20% had moderate stress. 33% of parents who work as private employees experienced mild stress and 33% who work in government experienced moderate stress level.

Table 5.
Parenting Style by Demographics Characteristics of for parents in Depok (N=40)

Characteristics		Parenting Style					
		Democratic		Authoritarian		Permissive	
		N	%	N	%	N	%
Education	Elementary school	1	50	1	50	0	0
	Junior high school	2	100	0	0	0	0
	Senior high school	7	70	2	20	1	10
	Diploma/University	22	84.6	2	7.7	2	7.7
Employment Status	Homemaker (full-time parent)	24	80	3	10	3	10
	Merchant	1	50	1	50	0	0
	Private employment	2	66.7	1	33.3	0	0
	Government employment	3	100	0	0	0	0
	Entrepreneur	2	100	0	0	0	0

Table 5 showed parenting style by demographics characteristics of parents. The result showed that 84.6% of parents with diploma/university education applied democratic

parenting, 20% applied authoritarian parenting and 10% applied permissive parenting. 80% of parents as Homemaker (full-time parent) applied democratic parenting, and 10% applied permissive parenting.

Table 6.
Relationship between Parenting Style and Stress of Parent in Depok (N=40)

Characteristics		Parenting Style					
		Democratic		Authoritarian		Permissive	
		N	%	N	%	N	%
Stress level	Normal	20	76.9	3	11.5	3	11.5
	Mild	6	85.7	1	14.3	0	0
	Moderate	5	83.3	1	16.7	0	0
	Very severe	1	100	0	0	0	0

Table 6 showed the majority of parents applied democratic parenting. The results showed that the majority of parents who reported no stress or minimal stress level applied democratic parenting was 20 people (76.9%). Parents who reported mild stress levels also applied 85.7% democratic parenting and 14.3% authoritarian parenting, respectively. Chi-square test was used to examine the relationship between parenting and stress among parents. The current study showed that there is no significant relationship between parenting and parental stress in Bojongsari, Depok ($p = 0.92$).

Discussion

Findings indicate that a few parents experienced moderate and very severe level of stress. Most of the parents reported minimal or no stress but given evidence in the literature showed that although not all parents experienced severe stress due to COVID-19, but they are also at a higher risk of poor parenting (Brown et al., 2020). Previous research explained that parents experienced symptoms of anxiety, depression, stress due to a lot of uncertainty during the COVID-19 pandemic (Farewell, Jewell, Walls, Leiferman, & Health, 2020). The increasing stressor on parents during the COVID-19 pandemic tends to expect their children to adapt as quickly as possible to new conditions and be more mature in the next 10 to 15 minutes even though they understand that all of this required a long process.

Baumrind D has classified parenting style into three types: Democratic, Authoritarian, and Permissive (Munsawaengsub, 2007). The psychological condition of parents greatly affects the way in raising children (Nauli, Karnadi, & Meilani, 2019). The current study showed that most of parents in our study applied democratic parenting. Democratic parenting is the position of children and parents are equal, decisions are taken together by considering both parties, children are given the freedom to be responsible, meaning that what is done by children remains under the supervision of parents and can be morally responsible, parents and children do not can do arbitrarily, children are given the trust and trained to be responsible for all their actions (Asiyah, 2013). While, children who were raised with permissive parenting tend to have poor control (less responsibility), often feel anxious about the actions they took because the guide was not clear (Wardani & Sudyasih, 2017). Interestingly, there were parents who applied authoritarian parenting style. Authoritarian parenting style is inadequate because it tends to affect the child's behaviour badly, resulting in a lack of warmth in the family, not creating a positive relationship and difficulty adapting between parents and children (Fuentes, Salas, Bernedo, García-Martín, & development, 2015).

Previous study conducted by Roos et al. (2021) showed that a supportive and consistent parenting style had impact on children's resilience to stress. Especially, during mass quarantine, parents should be the main ones to support their children through effective interaction and communication (Ozturk Eyimaya & Yalçin Irmak, 2021). Our study confirmed that no significant relationship between parenting and stress among parents in Bojongsari, Depok. This result confirmed from previous study that there was no association between parenting and stress among parents of mentally retarded children at the Disabled Child Development Foundation in Palembang (Ma'mun & Prameswarie, 2016). It may be related to the social support obtained by parents. Parents are able to apply democratic parenting style with great social support can reduce level of stress. Previous study confirmed that social support was the primary role to decrease stress (Nam, Chun, & Review, 2014).

Limitation

This study has several limitations that should be considered when interpreting result. First, this study is a cross-sectional study so we are unable examine any further effects that may exist between the relationships of these two variables. Second, the sample size was quite small, so it is important to conduct further research in this area. Third, most of respondent in our study is mother. even though the parenting pattern of fathers and mothers has a different impact on children (Whittle, Bray, Lin, & Schwartz, 2020).

Ethical Consideration

An inform consent form was included as the first page of the online data collection form. The inform consent form explained the purpose of the study, benefits, data confidentiality guarantee, right to resign, and potential danger. The parents filled out the questionnaires after reading whole inform consent and agreeing to participate in this study.

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