



Exploring the Role of Parenting in Shaping Adolescent Mental Health: A Review of Literature

Fitrio Deviantony^{1*}, Salwa Nirwanawati¹

1. Mental Health Nursing
Department, Faculty of Nursing,
Universitas Jember, Jember,
Indonesia

Article History

Submitted: 28-06-2025

Revised: 29-11-2025

Accepted: 01-12-2025

doi.org/10.58545/jkki.v5i3.596

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Abstract

Background: Adolescence is an important period in a person's life, during which many physical, emotional, and social changes occur. During this time, adolescents often face mental health issues such as stress, anxiety, and depression, especially when they have difficulty adjusting to the changes. Parenting strongly influences adolescents' mental health, as it can help them cope with problems, increase their self-confidence, and maintain their emotional well-being. **Aims:** This study aims to investigate the impact of parenting on adolescents' mental health, examining both the positive and negative effects, and identifying the most effective approach to support adolescents' mental well-being. **Methods:** This study employed a literature review of articles published between 2019 and 2024. The articles were selected from various sources, including Google Scholar and PubMed. The selection process resulted in 10 articles relevant to this topic. **Results:** Research shows that parenting is closely related to adolescents' mental health. Authoritative parenting, which combines control with emotional support, can improve adolescents' mental well-being. Conversely, permissive or authoritarian parenting tends to be associated with mental health problems such as anxiety and depression in adolescents. **Conclusion:** Parenting has a significant influence on adolescents' mental health. Encouraging supportive parenting and providing space for self-development will help adolescents have better mental health.

Keywords: Parenting style, Adolescent, Mental health

Correspondence

Fitrio Deviantony,
Faculty of Nursing, Universitas Jember.
Jalan Kalimantan 37 Jember, Jawa Timur, Indonesia 68121.
Email fitrio.psik@unej.ac.id

How to cite:

Deviantony, F., & Nirwanawati, S. (2025). Exploring the Role of Parenting in Shaping Adolescent Mental Health: A Review of Literature. *Jurnal Kesehatan Komunitas Indonesia*, 5(3), 325-337. <https://doi.org/10.58545/jkki.v5i3.596>

I. BACKGROUND

Adolescence is a period during which a person experiences many significant changes in their life. During this period, there is a transition from childhood to adulthood, accompanied by several changes in adolescents, including

biological, cognitive, and emotional changes (Santrock, 2007; Hurlock, 2000, as cited in Azzahra et al., 2021). Adolescence is a time when individuals search for their identity and adapt to the changes that occur in their lives. It is hoped that adolescents can adapt to the changes that

occur to them, usually, adolescents will be unstable and have difficulties in their social life if they find it challenging to adapt and accept the changes that occur during this period, sometimes not a few adolescents at this time think they are mature enough and do not want to be treated like children (Saputro, 2018 in Azzahra, et al, 2021).

Problems that usually occur in adolescents are mental health problems. Mental health is a condition where individuals have well-being within themselves, enabling them to explore their potential and overcome problems and pressures in various circumstances (Melisza et al., 2021, as cited in Sanjaya et al., 2024). The existence of mental health problems in adolescents is due to psychological changes, one of which is their emotional state. During this period, adolescents also face various challenges, including academic stress, peer pressure, family conflicts, and social expectations from their surrounding environment (Stecz et al., 2020, as cited in Lubis & Mahendika, 2023). Not infrequently, because of the challenges that occur in this period, adolescents can experience mental health disorders such as depression and anxiety. If this persists for a prolonged period, it can impact academics, health, and society, and may extend to other aspects (Adikusuma,

2020, as cited in Lubis & Mahendika, 2023). In this process, families, particularly parents, play a crucial role in shaping their children's personality and mental health. One of the factors that contributes to adolescent mental health problems is parenting by parents (Prasetyo, 2021; Ulya, 2021; Yunanto, 2019, in Lubis & Mahendika, 2023).

Parenting is an interaction that occurs between children and parents, encompassing physical, psychological, and socialization needs within society. Parenting also includes character education. Every family has a unique parenting pattern that differs from other families in terms of child-rearing (Ayun, 2017, as cited in Putri, 2022). Families with good parenting patterns will also foster a positive relationship between children and parents, and vice versa. Parents who treat children harshly will have an impact on the child's mental and psychological health. This can affect the child's future life, some things that can be experienced by children who are treated harshly by their parents such as fear, anxiety, loneliness, inconsistency, closing themselves, unable to control and difficulty expressing their emotions, not having clear life goals, dominant against parents, difficult to build

relationships and depend on others (Sanjaya, et al, 2024).

The impact of parents who raise children with poor parenting, is that children do not have clear life goals, and is challenging to make their own decisions, this is because parents often regulate children's decisions, do not allow children to make their own decisions, they think children must obey parental decisions, and want the child's environment to be controlled by them, this makes children obedient but suffering, and low self-esteem and social competence of children (Wolf, et al, 2024). Not infrequently, children who "obey their parents' decisions" commit self-harm. Self-harm or self-harm behavior is behavior that is intended to vent emotions by hurting, but does not have the purpose of suicide. This is because children cannot express the emotions they contain, so they take these actions (Kartikasari et al., 2024).

Based on the description above, this article will provide a deeper understanding of the impact of parenting on adolescent mental health. By understanding good parenting in maintaining adolescent mental health, parents and the community can be more concerned about the importance of the family's role in creating a mentally, emotionally, and socially strong young generation.

2. METHODS

In preparing this article, we employed a research method that involved a comprehensive literature review strategy, utilizing several databases, including Google Scholar and PubMed. The literature review used the range published from 2019 to 2024. In the search process, use Indonesian and English keywords. In the literature search using Indonesian with the keywords "pola asuh orang tua terhadap kesehatan mental" or "pengaruh parenting terhadap mental remaja", while in the English literature search using the keywords "the influence of parenting on adolescent mental health" or "parenting of adolescent mental health" or "the role of parenting on adolescent mental health" or "parenting styles and mental health and adolescents". The journal search process begins by identifying specific keywords. During the search stage, 38.384 journals matched the listed keywords. The next stage is to conduct a screening of the journal's publication year, which aims to ensure alignment with research requirements. During the screening stage, 38.365 journals were identified as meeting the criteria. Next, the publication enters the screening stage based on research criteria for inclusion and exclusion. One hundred fifty journals met the inclusion and exclusion criteria obtained in the

search. In the next stage, a total of 300 journals met the criteria. Next, the 300 selected journals were screened again based on language, research methodology, results, and other predetermined factors. After screening, ten journals were selected that met the predetermined criteria and

were deemed worthy of further research. From the full-text screening, theme suitability, population suitability, methods, and results, 10 articles were identified as suitable for inclusion. Screening search results are shown in the PRISMA chart below.

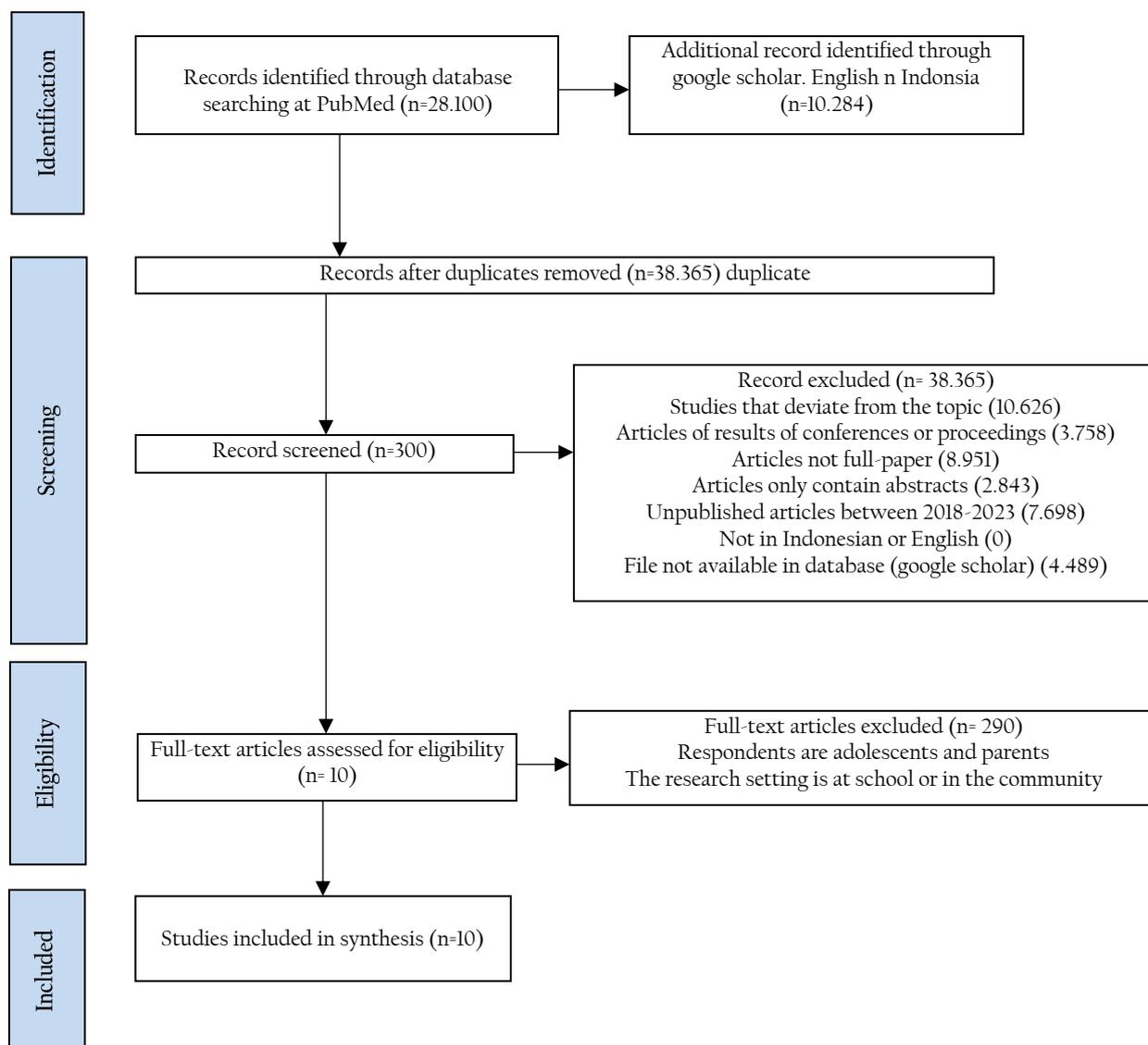


Figure 1. PRISMA Flowchart of The Literature Search

3. RESULTS

After researching various articles, it was found that authoritarian parenting

consistently has a negative impact on adolescents' mental health, including increased stress and a tendency towards

self-harm behaviors. It is also often associated with negative relationships to peer pressure and involvement in cyberbullying, both as victims and perpetrators. On the other hand, democratic parenting is the most widely practiced approach and has been shown to have positive impacts on supporting adolescents' mental health. However, in some cases, permissive parenting, which

tends to give less attention to children, shows the worst influence on mental development. In addition to parenting, the peer environment also plays a significant role, with its impact depending on the adolescent's self-esteem. Teens with high self-esteem tend to be better able to maintain their mental health despite being in a toxic environment or family.

Table 1. Characteristic Finding

No	Author	Year	Country	Design
1.	Irsanin, A. S.	2024	Indonesia	Quantitative correlation method
2.	Kartikasari., et al.	2024	Indonesia	Quantitative correlation method
3.	Haniyah., et al.	2022	Indonesia	Descriptive quantitative method
4.	Devita, Y.	2020	Indonesia	Quantitative analytic descriptive method
5.	Sanjaya, et al.	2024	Indonesia	Qualitative design
6.	Putri, K. G.	2022	Indonesia	Quantitative method
7.	Ningrum., et al.	2023	Indonesia	Correlation analytic quantitative method
8.	Maula., et al.	2023	Indonesia	Analytical quantitative method
9.	Lubis., et al.	2023	Indonesia	Descriptive method
10.	Katz., et al.	2019	Israel	Descriptive statistics and correlation methods

Table 2. Result Finding

No	Author	Title	Objective	Measurement	Subject	Results
1.	Irsanin, A.S et al.	The Relationship of Authoritarian Parenting to Adolescent Mental Health	This study aims to determine the experiences of students at SMK Negeri 6 Surakarta related to the pressure felt due to parenting patterns.	Authoritarian parenting questionnaire and mental health questionnaire	Students of SMK Negeri 6 Surakarta who are 15-18 years old, totaling 84 students.	Based on research that has been conducted, adolescent mental health is related to authoritarian parenting. Authoritarian parenting can affect the level of adolescent mental health. From the study, it was found that adolescents with parents who practiced authoritarian parenting experienced higher mental health problems.

2.	Kartikasari, et al.	The Relationship between Parenting Styles and Self-Harm Behavior in Early Adolescents in The Agricultural Area of Jember	This study aims to determine the relationship between parenting patterns and self-harm behavior in adolescents at three junior high schools in Jember.	Parenting authority and deliberate self-harm inventory	This study used a sample of 376 students in junior high schools three in Jember, aged 12-15 years.	The distribution table shows that 64.4% of adolescents received democratic parenting, while 27.9% received authoritarian parenting, and only 7.7% received permissive parenting. This has quite an impact on self-harm behavior in adolescents in the Jember area with 84.4% of adolescents having committed such acts, and only two respondents (0.5%) who committed high intensity self-harm. Meanwhile, there are .4% of students who have never done self-harm.
3	Haniyah, et al.	The Relationship Between Parenting, Friends, Living Environment and Socioeconomics with Adolescent Mental Health	This study aims to determine the relationship between parental parenting, peer interaction, the influence of residence on adolescent mental health, as well as the relationship between socioeconomic status and adolescent mental health.	Self-reporting questioner and parental authority questionnaire	This research was conducted at SMKN 62 South Jakarta with a population of 178 students.	This study shows 90.9% of respondents have mental health problems that are still classified as mild and are included in the type of stress mental health problems. This is closely related to authoritarian parenting as much as 78.5%, while other parenting patterns such as democratic 11.6% and permissive 9.9%. Other influential factors are relationships with peers that are sometimes bad, and a crowded and noisy living atmosphere that can cause mental health problems in adolescents.
4.	Devita, Y.	The Relationship between Parenting and Adolescent Mental Emotional Problems	This study was conducted to prove the relationship between parenting patterns and mental emotional problems of adolescents in Tuah Raya Village, Riau.	Strenght and difficulties questionnaire and parental care style quesioneer	The sample used in this study was 266 adolescents aged 10-19 years, in Pekanbaru City Riau.	The results showed that there was a relationship between authoritarian, democratic, and permissive parenting with adolescent mental emotional problems. In this study adolescents tend to get democratic parenting from parents as much as 63.5%, followed by authoritarian parenting as much as 19.9%, and permissive parenting 16.5%. In this study the most dominant variable affecting adolescent mental emotional problems is permissive parenting. This can be seen from the correlation

					coefficient of the permissive parenting variable which is greater than democratic parenting, adolescent age, and parental employment
5.	Sanjaya, et al.	Mental Health in Adolescent Victims of Toxic Parenting in Sidoarjo	This study was conducted to determine the mental health of adolescents who are victims of toxic parenting.	Toxic parenting interview	The sampling of this research was carried out by conducting interviews with 2 informants aged 13-19 years, who live in Sidoarjo. Based on the results of interviews with the two informants, it was found that the picture of mental health in adolescents who have toxic parents can be different depending on how the teenager views and faces every problem with his parents. The impact felt by both informants due to toxic parents is having feelings of fear, closing themselves off, and also difficulty in expressing emotions.
6.	Putri, K. G.	The Relationship Between Toxic Parents and Adolescent Mental Health Conditions	This study aims to determine the description of the occurrence of Toxic Parents on adolescent mental health	Parenting style questionnaire	The sample used in this study were students of Fatmawati Sukarno State University, Bengkulu city semester 1, 3 and 5 aged 18-23 years. The results showed that there is a relationship between toxic parents and mental health. However, in this research conducted, it produces positive values because many students migrate and live away from people, thereby reducing the occurrence of toxic parents' behavior. In addition, many students also participate in organizational activities so that students do not think too much about these problems and spend time with their peers.
7.	Ningrum, et al	The Relationship between Parenting and Mental Health Disorders in Adolescents	This research was conducted to see the relationship between parenting patterns and mental health in adolescents at SMA Negeri 01 Karangrejo.	Parenting style questionnaire	The population in this study were 154 11th grade science students of SMA Negeri 01 Karangrejo Tulungagung City. The results showed that the most common type of parenting was democratic parenting with 90.9%, followed by authoritarian parenting 6.5%, and permissive parenting only 2.6%. A total of 66.2% of respondents indicated experiencing mental health problems. This shows that there is a relationship between parenting patterns and mental health problems in adolescents.

8.	Maula, et al.	The Relationship between Parenting and Peer Environment with Adolescent Mental Health at Sma Negeri 2 Majalengka 2023	This study aims to determine the relationship between parenting and peer environment with adolescent mental health	Strength and difficulties questionnaire and difficulties questionnaire	The sample used in this study was 273 students in grades X and XI at SMA Negeri 2 Majalengka	Based on the results of the study, it is known that authoritarian parenting is the parenting pattern with respondents who have abnormal mental health categories with the highest percentage. Peer environment is also quite influential on adolescent mental health, a bad environment will increase mental health problems
9.	Lubis, et al.	The Relationship between Parenting Style, Peer Pressure, Self-Esteem, and Mental Health among Indonesian Adolescents in West Java	This study aims to determine the relationship between parenting, peer pressure, self-esteem, and mental health among Indonesian university students in West Java.	Parenting style and dimensions questionnaire, peer pressure inventory, self-achievement scale, depression anxiety and stress scale.	This study used a sample of 500 university students in West Java, aged between 18-25 years old.	The results showed a significant relationship between parenting, peer pressure, self-esteem, and adolescent mental health. Democratic parenting had a positive impact on adolescents' self-esteem and mental health and reduced vulnerability to peer pressure. In contrast, authoritarian parenting tends to have negative effects, increasing vulnerability to peer pressure, and decreasing self-esteem and mental health. Peer pressure was found to have a negative impact on adolescents' self-esteem and mental health, where adolescents who experienced pressure tended to have low self-esteem and poor mental health. In contrast, adolescents with high self-esteem tend to have better mental health.
10.	Katz, et al.	When parents are inconsistent: Parenting style and adolescents' involvement in cyberspace that affect adolescents' involvement in cyberbullying.	This study aims to determine parenting patterns in general and specifically in cyberspace that affect adolescents' involvement in cyberbullying.	Parents' general autonomy-supportive and psychologically controlling style scale and Cyberbullying Inventory.	The sample of this study was 180 students in grades 7 and 8 in Israel.	Results showed a correlation between adolescents' reports of their involvement with cyberbullying, both as perpetrators/victims. Adolescents' involvement in cyberbullying, both as perpetrators and victims, tended to be higher when parents had a generally controlling parenting style and implemented inconsistent cyber mediation strategies. The effect of a controlling cyber mediation style is complex because it

acts as a suppressor variable, so it needs to be analyzed in the context of the general parenting style applied by parents. This research emphasizes the importance of understanding the interaction between specific cyber mediation and overall parenting style.

4. DISCUSSION

Most studies, 7 out of 10, addressed authoritarian parenting, democratic parenting and permissive parenting as having a relationship and influence on adolescent mental health. The other three studies addressed the relationship of toxic parenting which also has an effect on adolescent mental health. Authoritarian parenting shows the highest results affecting adolescent mental health. Research conducted by Irsanin (2024) showed that authoritarian parenting is related to adolescent mental health. Adolescents with parents who apply authoritarian parenting experience higher mental health problems. This is also supported by research (Haniyah, 2022), which indicates that authoritarian parenting has a negative impact on adolescent behavior. Adolescents who lack freedom tend to act without restraint when their parents do not monitor them, and as a result, they often harbor unresolved conflicts. Research by (Maula et al., 2023) showed that 92.1% of respondents

experienced mental health problems because the teenager's parents applied authoritarian parenting by giving harsh punishment when making mistakes, the many demands made by parents, and parents who did not provide facilities or support in accordance with the demands given.

Research conducted by Kartikasari (2024) indicates that democratic parenting is the parenting pattern most commonly employed by parents. Parenting patterns applied by parents affect self-harm behavior carried out by adolescents. In the study, 2 respondents who received authoritarian parenting showed high self-harm behavior, while other respondents who received democratic or permissive parenting showed low self-harm or none at all. Socio-cultural factors in the community also influence the parenting style employed by parents, particularly in an agricultural setting that allows parents to adapt their approach to a more flexible one depending on the situation and conditions. It can be said that parenting and the environment

affect adolescent mental health and self-harm behavior. The results of research conducted by Lubis (2023) also show that adolescents who get democratic parenting tend to have good mental health and positive self-esteem, while those who get authoritarian parenting tend to have poor mental health and negative self-esteem.

Parents rarely apply permissive parenting to adolescents, but those who receive permissive parenting also show that it affects adolescents' emotional and mental problems, according to research conducted by Devita (2020). In permissive parenting, parents give their children freedom, fearing that they will act without restraint when they are given freedom. However, this has a negative impact because parents are often perceived as not caring about their children and tend to give in to everything teenagers want, or even refuse to know what their children want. The results showed that permissive parenting also has the potential to cause mental and emotional health problems in adolescents.

5. CONCLUSION

Based on a literature review of 10 research journals, there is evidence of a strong relationship between parenting and adolescent mental health, which is revealed in this study. A total of 7 out of 10 journals

examined showed an association between parenting patterns and adolescents' mental and emotional health. The research identified several parenting styles that influence adolescents' mental health, namely democratic, authoritarian and permissive parenting. To mitigate the negative effects of less-than-ideal parenting, parents are advised to adopt more democratic parenting approaches by providing emotional support, fostering open communication, and establishing clear yet non-stressful boundaries. In addition, improving parents' understanding of the importance of adolescent mental health through family education and counselling programs can also help create a more positive environment for their children.

AUTHOR CONTRIBUTIONS

The author contributes in conceptualization, data collection and analysis Mulia Hakam, Lula Apriliya Puteri Bintari, Jon Hafan Sutawardana. Writing and manuscript revisions: Mulia Hakam

ACKNOWLEDGMENT

The author want to thank you for the the Seruni Room of dr. Soebandi Regional Hospital of Jember that facilatatedthis research.

CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest in this research.

DATA AVAILABILITY STATEMENT

The data are available from the corresponding author upon reasonable request.

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