

The Role of Perceived Authoritative Parenting Style towards The Resilience of Young Adults in Indonesia

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Abstract

Resilience, a protective factor against the increasing risk of young adults' mental health, is found to be decreasing in Indonesia. On the other hand, parenting styles are found to be one of the factors influencing resilience. As the most effective parenting style for children's development, this study examines the role of perceived authoritative parenting style towards the resilience of young adults in Indonesia. This research was done with 171 young adults between 18 to 25 years old in Indonesia who filled out the self-report instruments for this study: the Resiliency Scale for Young Adults (RSYA), and the Parenting Style Circumplex Inventory (PSCI). With simple linear regression analysis, the results indicated that the father's perceived authoritative parenting style significantly predicts resilience ($F(1, 169) = 30.2, p < .001$), by having a positive and significant relationship with it. Mother's perceived authoritative parenting is also found to predict resilience ($F(1, 169) = 27.4, p < .001$), with a positive and significant relationship. The presence of behavioral control, warmth, and support, including autonomy-granting that authoritative parents implement, potentially contribute to the increase of children's resilience, which is advised to be implemented by parents. Additionally, this research is expected to provide new references for future research regarding this topic.

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INTRODUCTION

Young adults are individuals aged 18 to 25 (Scales et al., 2015), who are transitioning from adolescence to adulthood, encouraging them to take on new roles and responsibilities. This transition is navigated successfully by certain young adults, while others do not, thereby posing a threat to their mental health (Mudita et al., 2023). According to WHO (2024), suicide was the third leading cause of death for individuals between 15 – 29 years old in 2021 at a global scope. Furthermore, a study by Kaligis et al. (2021) with 393 Indonesian university students indicated that 95.4% of the respondents suffered from symptoms of anxiety, 88% from symptoms of depression, and 75.3% reported engagement in self-harm. Supporting this data, *Badan Kebijakan Pembangunan Kesehatan* in 2023 reported 130,977 cases of depression among Indonesians aged 15 to 24.

With the increasing rate of young adults' mental health risks, resilience acts as a protective factor, described as a "bounce back" ability that enables an individual's functioning to revert to its previous state following exposure to stressors (Hartigh & Hill, 2022; Kaligis et al., 2021; Prince-Embury & Saklofske, 2013). It protects against perceived stress (Kermott et al., 2019), depressive mood, anxiety (Shin et al., 2019), and suicidal ideation (Kim et al., 2020). Prince-Embury and Saklofske (2013, 2014, 2016) proposed a three-factor model of personal resiliency: sense of mastery, sense of relatedness, and emotional reactivity. Sense of mastery is a protective factor encompassing self-efficacy, an optimistic view of oneself, and adaptability. Sense of relatedness includes trust in others, access to support, social comfort, and tolerance of others. Emotional reactivity, conversely, is considered a risk factor covering one's sensitivity perception, intensity of reaction, recovery time after emotional triggers, and its effects on daily functioning.

Due to the concerning prevalence of anxiety, depression, and suicidal rates experienced by Indonesian young adults (*Badan Kebijakan Pembangunan Kesehatan*, 2023; Kaligis et al., 2021; WHO, 2024), resilience becomes a crucial aspect in every individual's life. Unfortunately, Generation Z adults are found to exhibit low resilience contributing to increased mental health risks (Gonzales, 2023; Muller-Borle, 2023). Moreover, researchers from Universitas Indonesia found 5,817 Indonesians aged 18 – 82 had low level of resilience (Wadrianto, 2021). Hence, the resilience of Indonesians young adults is undoubtedly concerning, prompting the need for further research to understand its underlying factors.

Resilience is influenced by factors like an individual's interpersonal personality (Liu et al., 2017), courageous coping, (Shin & Oh, 2021), perceived social support (Zychlinski et al., 2022), and parenting styles (Tolan & Uğur, 2023). Depending on an individual's interaction with their environment, resilience could be learned and developed (Gillespie et al., 2007; Kuldass & Foody, 2022). According to Bronfenbrenner's ecological theory in Santrock (2018), parents are a part of one's microsystem, which directly influences children's development by being managers

who arrange things their children will experience throughout development (Santrock, 2018). Remembering the considerable impact of parenting styles on children's development, it is indisputable that parenting styles play a significant role in fostering children's resilience (Ding et al., 2023; Morgan et al., 2020; Tolan & Uğur, 2023).

Parenting styles refer to a collection of child-rearing attitudes conveyed to children, which guide their social development and shape an emotional atmosphere expressing parents' behaviours (Darling & Steinberg, 1993; Meisel et al., 2024). Two dimensions of parenting style are parental demandingness and responsiveness. Parental demandingness leads to parents' expectations for children, reflected by their demands, supervision, disciplinary measures, and readiness to confront disobedience. Parental responsiveness is the degree to which parents intentionally encourage children's individuality, self-regulation, and assertiveness by being attentive, supportive, and accommodating to their needs and requests (Baumrind, 1991; Kuppens & Ceulemans, 2018; Maccoby & Martin, 1983). These two dimensions gave rise to the typology of four parenting styles: authoritarian, authoritative, indulgent (permissive), and neglectful (uninvolved). Authoritarian parents are demanding but unresponsive, authoritative parents are both demanding and responsive, permissive parents are responsive and not demanding, whereas neglectful parents are neither of both (Baumrind, 1991; (Darling & Steinberg, 1993; Kuppens & Ceulemans, 2018; Maccoby & Martin, 1983).

Previous studies on the relationship between parenting styles and resilience found that the authoritative parenting style is most effective in increasing resilience (Ding et al., 2023; Kaniušonytė & Laursen, 2021; Morgan et al., 2020; Tolan and Uğur, 2023). Authoritative parents are individuals who provide clear rules with proper supervision for their children, are assertive but not restrictive, grant children with autonomy, and show support (Baumrind, 1991; Darling, 1999; Nikmanesh et al., 2020; Santrock, 2018), which develops children's resilience (Alhajri et al., 2020; Artuch-Garde et al., 2017; Mouatsou & Koutra, 2021). However, a study by Agustina *et al.* (2023) resulted in a conflicting result, indicating no relationship between fathers' authoritative parenting style and resilience, but found a relationship between mothers' authoritative parenting style and resilience, indicating a research gap in this field.

Furthermore, studies within the Indonesian context have failed to investigate the larger population of young adults. Research on this topic conducted by Emelia et al. (2021) concentrated on adolescent population, whereas Agustina et al. (2023) and Permata and Listiyandini (2015) focused exclusively on first-year university students. Therefore, acknowledging the contradictory results regarding the relationship between father's and mother's authoritative parenting style on resilience, together with the limited number of Indonesian studies involving young

adults beyond first-year university students, this research aims to target a more diverse population of young adults.

This study will focus on the perceived parenting style experienced by Indonesian young adults. Perceived parenting style refers to the views young adults have regarding their parents' parental approach during their childhood to adolescent years. Given the concerning increase in young adults' mental health risk, together with the decrease in their resilience levels, supported by the potential influence of authoritative parenting style, the researcher acknowledges the urgency to delve into this topic. Therefore, the researcher attempts to examine the role of perceived parenting styles in Indonesian young adults' resilience. The hypothesis suggests that the father's perceived authoritative parenting style predicts the resilience of Indonesian young adults. At the same time, a mother's perceived authoritative parenting style is also hypothesized to predict the resilience of Indonesian young adults.

METHOD

Participants

The participants of this study consist of 171 young adults in Indonesia between the ages of 18 to 25 years old who grew up with their parents throughout their childhood until their adolescent years. The participants are selected using non-probability sampling, specifically convenience sampling. Overall, the data was collected from November 4th, 2024, to November 11th, 2024, for a total of 173 participants. Two participants were excluded because they did not meet the criteria for being 26 years old ($N = 171$).

Out of the 171 participants, 41 were males, 129 were females, and 1 person chose not to answer [Table 1]. Most of the participants are 21 years old, consisting of 56 participants (32.7%) [Table 2]. The participants' domicile comes from different cities in Indonesia [Table 3], with most of them being students [Table 4] undergoing their bachelor's program [Table 5] from the 2018 to 2024 class year [Table 6]. Out of 17 participants who are currently working, three of them are high school graduates [Table 7].

Table 1. *Participants by Gender*

Gender	Counts	Percentage of Total
Males	41	24.0%
Chose not to answer	1	0.6%
Females	129	75.4%

Table 2. *Participants by Age*

Age	Counts	Percentage of Total
18	15	8.8%
19	14	8.2%
20	27	15.8%
21	56	32.7%
22	28	16.4%
23	16	9.4%
24	11	6.4%
25	4	2.3%

Table 3. *Participants by Domicile*

Domicile	Number	Percentage of Total
Jakarta	46	26.90%
Tangerang	6	3.51%
Bekasi	3	1.75%
Banten	1	0.58%
Depok	1	0.58%
Cirebon	1	0.58%
Tasikmalaya	1	0.58%
Karawang	1	0.58%
Bogor	3	1.75%
Garut	1	0.58%
Bandung	3	1.75%
Sukoharjo	2	1.17%
Purbalingga	1	0.58%
Probolinggo	1	0.58%
Jawa Tengah	1	0.58%
Blitar	1	0.58%
Magetan	1	0.58%
Yogyakarta	22	12.87%
Magelang	3	1.75%
Blora	2	1.17%
Tegal	1	0.58%
Surakarta	1	0.58%
Salatiga	1	0.58%

Semarang	5	2.92%
Pemalang	1	0.58%
Madiun	1	0.58%
Surabaya	7	4.09%
Gresik	1	0.58%
Malang	2	1.17%
Pacitan	1	0.58%
Jawa Timur	2	1.17%
Bali	15	8.77%
Kupang	1	0.58%
Lombok	1	0.58%
Lubuklinggau	1	0.58%
Jambi	2	1.17%
Medan	4	2.34%
Labuhan Batu	1	0.58%
Serdang Bedagai, Sumatera Utara	1	0.58%
Bangka Belitung	1	0.58%
Pekanbaru	2	1.17%
Palembang	2	1.17%
Riau	2	1.17%
Nias	1	0.58%
Lampung Utara	1	0.58%
Toraja	1	0.58%
Sulawesi Selatan	1	0.58%
Makassar	1	0.58%
Manado	1	0.58%
Bitung	2	1.17%
Kalimantan Timur	2	1.17%
Sanggau Kapuas	1	0.58%
Pontianak	1	0.58%
Kalimantan Barat	1	0.58%
Balikpapan	1	0.58%

Table 4. *Participants by Work Status*

Work Status	Counts	Percentage of Total
Working	17	9.9%
Student	134	78.4%

Looking for a job	17	9.9%
Preparing for college	3	1.8%

Table 5. *Participants by Education Level (Students)*

Education Level	Counts	Percentage of Total
D4	4	3.0%
S1	120	88.8%
S2	7	5.2%
S3	1	0.7%
Professional Program	1	0.7%
Unknown	2	1.5%

Table 6. *Participants by Class Year (Bachelor's Degree)*

Class Year (S1)	Counts	Percentage of Total
2018	1	0.8%
2019	1	0.8%
2020	5	4.2%
2021	70	58.3%
2022	16	13.3%
2023	13	10.8%
2024	14	11.7%

Table 7. *Participants by Worker's Education Level*

Worker's Education Level	Counts	Percentage of Total
Highschool	3	17.6%
Bachelor	13	76.5%
Master	1	5.9%

Procedure

The research was conducted using a cross-sectional research design, with data collection through an online Google Form questionnaire. The Google Form questionnaire was shared using a digital poster and broadcast message with information such as participants' inclusion criteria and the questionnaire link. The platforms used to share the poster and broadcast messages were Instagram, WhatsApp, and LINE.

Before conducting data collection, the researcher performed an instrument pilot testing with 58 participants for the adapted version of the Resiliency Scale for Young Adults (RSYA). The pilot testing was done to test the inter-item correlation of the items in RSYA to reduce the number of items to prevent the participants from

experiencing fatigue during the process of filling out the scale. After the instrument pilot testing was done, the researcher conducted a reliability test and found several items to have high inter-item correlation, which led to the elimination of several items. Following this procedure, the researcher collected data to test the hypothesis using a Google Form questionnaire.

The Google form questionnaire measures two variables, perceived parenting style and resilience. The beginning of the questionnaire includes an explanation of the research and an informed consent section that participants ought to fill in. The next section includes demographic information of participants, which consists of their name/initial, age, gender, profession, domicile, and other necessary information. The last section is the two instruments used to measure the research variables. All the procedures were based on the permission released by the Ethics Committee of Fakultas Psikologi Universitas Gadjah Mada with the number 9564/UN1/FPSi.1.3/SD/PT.01.04/2024.

Research Instruments

Resiliency Scale for Young Adults

The Resiliency Scale for Young Adults (RSYA) was developed as an adaptation of the Resiliency Scale for Children and Adolescents (RSCA) by Prince-Embury *et al.* (2016). Some of the wording was adjusted to match the population of young adults. The scale consists of 50 items with 10 facets loaded with three global factors (Mudita *et al.*, 2023; Prince-Embury, 2016), which are (1) Sense of mastery (optimism, self-efficacy, adaptability); (2) Sense of relatedness (trust, access to support, comfort with others, tolerance); and (3) Emotional reactivity (sensitivity, recovery, impairment). The answers are scored on a 5-point scale (0 = *never* to 4 = *almost always*).

The scale used for this research is the Indonesian version adapted by Mudita *et al.* (2023) to make it more comprehensible for the Indonesian respondents in answering the items. After conducting an instrument test with 58 participants, the researcher found the items in the dimensions of sense of mastery ($\alpha = 0.885$), sense of relatedness ($\alpha = 0.914$), and emotional reactivity ($\alpha = 0.814$), to be reliable. Due to the desire to reduce the number of items, the researcher measured the inter-item correlation using Pearson's correlation and examined items that have high correlation ($r > 0.5$). The items with strong correlation are item R14 with R16 ($r = .58$) and R23 ($r = .67$), R3 with R20 ($r = .61$) and R46 ($r = .65$), R4 with R30 ($r = .51$) R7 with R39 ($r = .51$) and R42 ($r = .56$), R8 with R19 ($r = .59$), R11 with R22 ($r = .56$), R13 with R26 ($r = .52$) and R41 ($r = .53$), R17 with R43 ($r = .59$), R22 with R40 ($r = .82$), R24 with R33 ($r = .68$), and R25 with R49 ($r = .55$). This led to the elimination of five items from Sense of Mastery (R16, R19, R20, R23, and R46); eight items from Sense of Relatedness (R4, R22, R26, R33, R40, R41, R43, and R49); and two items

from Emotional Reactivity (R39 and R42). In the end, there are 35 items used to measure resilience.

Parenting Styles Circumplex Inventory

The Parenting Styles Circumplex Inventory (PSCI), developed by Meisel *et al.* (2024), combines the dimensions and typologies of parenting styles while being established from the Contemporary Integrative Interpersonal Theory (CIIT) by Pincus (2005). The PSCI consists of 32 items scored on a 6-point scale (1 = *strongly disagree* to 6 = *strongly agree*), which results in eight octant scoring consisting of PA (demanding), BC (demanding-unresponsive), DE (unresponsive), FG (submissive-unresponsive), HI (submissive), JK (submissive-responsive), LM (responsive), and NO (demanding-responsive). These octants measure the four types of parenting styles: Authoritarian (PA and BC), Authoritative (LM and NO), Permissive (HI and JK), and Neglectful (DE and FG). However, due to focusing on the authoritative parenting style, the researcher will solely analyze the LM and NO items of the scale, consisting of 8 items.

Due to this instrument being recently published, there has not been any translation into Bahasa Indonesia. Therefore, the researcher adapted the instrument and translated it into Bahasa Indonesia. The forward translation was done by Richard Kurniady, S. Li, followed by a back translation by Thomas Joko Priyo Sembodo. After reviewing the translation, the researcher modified one word to ensure its alignment with the meaning in the original scale. The translated scale is then reviewed by three psychologists through an expert judgment process. After testing its content validity, the results show an Aiken-V score of 0,97, indicating a high agreement from the experts. The reliability of PSCI is measured after data collection and attained a total Cronbach's alpha (α) score of 0.968 for both the father's and mother's authoritative parenting style, indicating that the reliability is excellent.

Data Analysis

Before conducting the hypothesis test, a classical assumption test consisting of normality, linearity, heteroscedasticity, and autocorrelation tests is conducted. Then, the data obtained is analyzed using simple linear regression analysis. Linear regression analysis is used to measure the relationship between two or more variables (Ghozali, 2021). Simple regression is a statistical test aimed at understanding an independent variable's role as the predictor of a dependent variable (Azwar, 2017). It also measures the strength and direction of the relationship between independent and dependent variables. The assumption and hypothesis test in this research are analyzed using Jamovi 2.6.13.

RESULT

Descriptive Analysis

The descriptive statistics of the perceived authoritative parenting style of both father and mother are presented down below, including the resilience variable. The sample consisted of 171 participants with no missing data across all variables. The mean score for father's parenting is 9.01 (SD = 1.96), with scores between 3.00 to 12.00, and median score of 9.25. The mean score of mother's parenting is 9.31 (SD = 1.91), ranging from 3.25 to 12.00, with median 9.75. Resilience has scores between 38 to 124, with a mean of 88.30 (SD = 16.10), and a median score of 89. The table below represents the mean, median, standard deviation, minimum, and maximum scores.

Table 3. *Descriptive Statistics*

	Father's Parenting	Mother's Parenting	Resilience
N	171	171	171
Missing	0	0	0
Mean	9.01	9.31	88.3
Median	9.25	9.75	89
Standard deviation	1.96	1.91	16.1
Minimum	3.00	3.25	38
Maximum	12.0	12.0	124

Table 4. *Variable Categorization of Authoritative Parenting Style V*

Category	Norm		Counts	Percentage
Father				
Low	$X < \mu - \sigma$	$x < 7.05$	38	22.2%
Medium	$\mu - \sigma \leq X \leq \mu + \sigma$	$7.05 \leq X \leq 10.97$	109	63.7%
High	$X > \mu + \sigma$	$X > 10.97$	24	14.0%
Mother				
Low	$X < \mu - \sigma$	$x < 7.4$	27	15.8%
Medium	$\mu - \sigma \leq X \leq \mu + \sigma$	$7.4 \leq X \leq 11.22$	104	60.8%
High	$X > \mu + \sigma$	$X > 11.22$	40	23.4%

Based on the descriptive analysis table above, the perceived authoritative parenting style and resilience are categorized into three categories, which are high, medium, and low. The categorization was done using the norm-referenced criteria of mean (μ) and standard deviation (σ). The results indicated that majority of the participants perceived their fathers to implement authoritative parenting style at a medium level (63.7%), followed by low levels (22.2%), and high levels (14.0%). In addition to that, perceptions of mothers' authoritative parenting style were predominantly found in the medium category (60.8%), followed by high (23.4%) and low (15.8%) categories. The findings indicated that most participants received moderate level of authoritative parenting styles from both parents.

Table 5. *Variable Categorization of Resilience*

Category	Norm	Counts	Percentage
Low	$X < \mu - \sigma$ $x < 72.2$	20	11.7%%
Medium	$\mu - \sigma \leq X \leq \mu + \sigma$ $72.2 \leq X \leq 104.4$	102	59.6%
High	$X > \mu + \sigma$ $X > 104.4$	49	28.7%

The table above indicates that the participants are largely classified in the medium category of resilience, with 11.7% of the participants found to have a low level of resilience, and 28.7% of the participants having high level of resilience. Overall, the resilience levels among the participants are categorized in the moderate level.

Assumption Test

Before conducting the hypothesis test, a classical assumption test, which includes normality, autocorrelation, linearity, and homoscedasticity tests, was performed. Normality test is aimed to decide whether the residual variable is normally distributed (Ghozali, 2021). Linearity test is utilized to identify whether the model specification used is appropriate and the empirical model is linear (Ghozali, 2021). Homoscedasticity test is performed to see whether there is no inequality in the variance of the residual between observations in a regression model (Ghozali, 2021). The normality test using Shapiro-Wilk showed a value of 0.989 and a p-value of 0.201 ($p > 0.05$) for the father's scale, 0.990 with a p-value of 0.262 ($p > 0.05$) on the mother's scale, indicating that the data is normally distributed. To test the autocorrelation, the Durbin-Watson test was conducted and showed a value of 1.92 (*acceptable*) and a p-value of 0.638 ($p > 0.05$) for the father's scale, and 1.96 (*acceptable*) with a p-value of 0.722 ($p > 0.05$) for the mother's scale; proving the absence of autocorrelation. The assumption of linearity for both fathers and mothers' scales is satisfied, proven by the residual plot being spread and not showing any curvature. However, the homoscedasticity assumption of both fathers and mothers' scales was violated, due to the plot not being equally spread to the left.

Hypothesis Test

According to the results of the assumption test, the researcher decided to conduct the hypothesis test using simple linear regression analysis, as an effort to understand the role of the independent variable as predictor of the dependent variable (Azwar, 2017). This study utilizes simple linear regression to observe the relationship between the father's and mother's perceived authoritative parenting style with resilience.

Table 6. *Model Fit Measures (Father's Parenting)*

Overall Model Test						
Model	R	R ²	F	df1	df2	p
1	0.389	0.151	30.2	1	169	<.001

Table 7. *Simple Linear Regression (Father's Parenting)*

Predictor	Estimate	SE	t	P
Intercept	59.48	5.362	11.09	<.001
Father's Parenting	3.19	0.582	5.49	<.001

Based on the results above, the overall model of the father's perceived authoritative parenting style significantly predicts resilience with $F(1, 169) = 30.2$ ($p < .001$), and the model explained approximately 15.1% of the variance in resilience ($R^2 = .151$). The simple linear regression results supported the prediction by showing a positive and significant relationship between the father's perceived authoritative parenting and resilience ($\beta = 3.19$; $p < .001$). It was shown that for each 1 unit increase in the father's parenting score, the coefficient estimates indicate that there will be a 3.19 increase in the resilience score.

Table 8. *Model Fit Measures (Mother's Parenting)*

Overall Model Test						
Model	R	R ²	F	df1	df2	p
1	0.373	0.139	27.4	1	169	<.001

Table 9. *Simple Linear Regression (Mother's Parenting)*

Predictor	Estimate	SE	t	P
Intercept	59.05	5.699	10.36	<.001
Mother's Parenting	3.14	0.600	5.23	<.001

According to the model fit measures above, mothers perceived authoritative parenting style significantly predicts resilience with $F(1, 169) = 27.4$, $p < .001$, and the model explained approximately 13.9% of the variance in resilience ($R^2 = .139$). Based on the simple linear regression results, the coefficient estimate indicates that for every 1 score increase in the mother's parenting, there is a 3.14 increase in the score of resilience ($\beta = 3.14$, $p < .001$). Therefore, a mother's perceived authoritative parenting style significantly predicts resilience through a positive and significant relationship.

DISCUSSION

This study aims to examine the role of perceived authoritative parenting style towards the resilience of Indonesian young adults. Using simple linear regression analysis separately for father's and mother's parenting, results indicate that both authoritative parenting styles predict young adults' resilience, through a positive and significant relationship. The first hypothesis is accepted in this study, which

shows that father's perceived authoritative parenting style predicts the resilience of young adults. Similarly, the second hypothesis is also accepted, strengthened by results indicating that mother's perceived authoritative parenting style significantly predicts resilience.

Most participants in this study have a medium level of resilience (59.6%), with only 49 out of 171 participants considered high in their resilience level. However, it should be noted that the assumption of homoscedasticity is violated in this test. This means that the residual variance from one observation to the other is not constant (Ghozali, 2021), indicating that the data is heteroscedastic. Although heteroscedasticity has no impact on the coefficient estimate (unbiased), the assumption of constant variance could potentially result in an incorrect standard error. This leads to a possible inaccuracy for the results of p-values and intervals, causing unreliable predictions (Romeo et al., 2023). Furthermore, this study focused on the perceived parenting style of both parents, meaning that the parenting styles measured were based on the young adults' view of the parenting style they received during childhood until their adolescent years. Hence, it should be noted that the results could be biased according to the participants' subjective feelings regarding their parents, as well as other possible influences that might impact the results of the measurement.

According to the regression model results, the father's perceived authoritative parenting could significantly predict resilience with an $F = 30.2$, meaning that father's parenting has a meaningful effect as the predictor of resilience. The mother's perceived authoritative parenting was also found to significantly predict resilience with an $F = 27.4$. Although the F -statistics of father's parenting style is higher than mother's, their correlation heatmap shows that the father's and mother's parenting is highly correlated ($r = 0.94$). Thus, it can be concluded that both their influence of resilience is similar. Additionally, the coefficient estimates scores of both parenting styles on resilience are scored more than 3 ($\beta > 0.5$), indicating that both parenting styles play a big role in increasing resilience. It emphasizes that fathers and mothers' authoritative parenting style significantly predicts resilience, which is aligned with previous research (Emelia et al., 2021; Kaniušonytė & Laursen, 2022; Tolan & Uğur, 2023; Permata & Listiyandiri, 2015).

Authoritative parents have several characteristics contributing to the development of children's resilience. Firstly, in the demandingness dimension, authoritative parents implement behavioral control. These parents convey clear expectations to their children and insist on obedience to rules, while explaining why these rules exist (Sanvictores & Mendez, 2022), which help children understand the reason behind these rules (Wijaya & Prastiti, 2023). Rather than treating regulations as a method of punishment, authoritative parents establish them as a supportive tool (Sanvictores & Mendez, 2022). With clear rules, parents have a foundation to monitor and modify children's behavior, allowing children to know which behavior

is appropriate and giving them a chance to learn from mistakes (Artuch-Garde et al., 2017). In Indonesia, the implementation of rules by authoritative parents helps children portray appropriate social behaviors (Handayani et al., 2020; Zulkarnain et al., 2023). It stimulates their understanding of surroundings, allowing these children to become self-controlled individuals who can cooperate well with adults (Baumrind, 1991; Santrock, 2018). With excellent self-control, children can regulate themselves and adjust their behavior, emotions, as well as motivations to reach their desired goals, which develops resilience (Artuch-Garde et al., 2017; Kaniušonytė and Laursen, 2022). Hence, the presence of appropriate behavioral control increases children's resilience.

While encouraging children to conform to rules, authoritative parents also provide warmth and support (Baumrind, 1991; Kuppens & Ceulemans, 2024; Santrock, 2018). Responsive parents are attentive and accommodating to the needs and demands of their children. It helps develop children's trust in their parents, giving them a sense of safety and comfort. Children growing up with sufficient attention from parents understand their sense of worth, allowing them to become confident individuals with high self-esteem (Alhajri et al., 2020; Emelia et al., 2021). According to Emelia et al. (2021), authoritative parents develop Indonesian adolescents' self-esteem of Indonesian, making them confident in overcoming obstacles. This confidence gives them a sense of mastery, which contributes to the development of resilience.

Support and guidance given by authoritative parents have been found to reduce social anxiety (Xu et al., 2017), allowing children to have friendly relationships with their friends, and helping them develop trust in others (Santrock, 2018). Children growing up with high affection have lower depressive symptoms, promoting the development of resilience (Qiu et al., 2022; Tolan & Uğur, 2023). With sufficient parental affection, children will develop emotional security, which protects against depressive symptoms and helps the growth of resilience (Floyd, 2006; Qiu et al., 2022; Tolan & Uğur, 2023).

The granting of autonomy by authoritative parents also gives children the ability to make their own decisions about the things they desire, which increases resilience (Nikmanesh et al., 2020). With parents' support for autonomy, children are allowed to act according to their will and motivation (Salman-Engin et al., 2019; Tolan & Uğur, 2023). According to Erikson, children who have their autonomy established since early childhood will develop faith in themselves. They will grow as individuals who are certain of themselves (Feist et al., 2021). Children who have autonomy will grow to be independent and self-reliant individuals (Santrock, 2018), motivating them to accomplish their goals by believing their capabilities (Sanvictores & Mendez, 2022). Therefore, autonomy granted by helps children develop a sense of mastery of the environment and promotes confidence in adapting to various situations.

Previously, it was mentioned that authoritative parents help children develop self-regulation (Artuch-Garde et al., 2017). This includes the development of emotion regulation. Nair et al. (2020) and Tolan and Uğur (2023) stated that authoritative parents foster the psychological growth of their children, motivating them to develop coping skills to adapt with stress. Other studies also found that authoritative parenting best stimulates the development of emotion regulation (Aritonang & Soetjningsih, 2024; Haslam et al., 2020). Children who can regulate their emotions can effectively navigate negative emotions, allowing them to have improved social interaction with others and promoting their emotional well-being (Sanvictores & Mendez, 2022). Cognitive reappraisal, a strategy in emotion regulation that relates to the reconstruction of emotion-triggering situations by altering their emotional effects (Gross & John, 2003), is found to have a positive effect on resilience through the mediation of self-esteem (Mouatsou & Koutra, 2021). As mentioned before, authoritative parents enhance children's self-esteem by offering support. This indicates the significant role of authoritative parenting in influencing the growth of children's effective emotion regulation strategies that contribute to the development of resilience.

The findings of this study are also consistent with the findings by Permata and Listiyandini (2015) and Emelia et al. (2021) that was conducted in Indonesia. They found that authoritative parenting styles play a significant role in developing resilience. However, the study by Agustina et al. (2023) was the only study in the Indonesian context based on the researchers' knowledge, which found different outcomes. They found that the father's parenting style had no significant relationship with first-year university students' resilience. Although the criteria of participants, sampling method, and data analysis were similar to the study by Permata and Listiyandini (2015), as well as this study, the researcher is not able to conclude the possible reasons behind the differences. Agustina et al. (2023) did not mention the comparison between their findings and other research, nor explained the limitations of their research in their publication. Thus, the researcher is not able to explain the potential reasons behind the contradictory results, which require further exploration in the future.

Overall, this study supports that the perceived authoritative parenting style implemented by both fathers and mothers predicts the resilience of Indonesian young adults. However, this study has several limitations. Firstly, the researcher did not insert a section asking the participants about their marital status, which meant that the researcher failed to observe a person's role as a spouse or parent in the family which might influence the level of resilience. The second limitation in this study, the researcher did not change the wordings in the Parenting Style Circumplex Inventory (PSCI) into "my father" (*My father believes in having clear rules and sticking with them.*) or "my mother" (*My mother believes in having clear rules and sticking with them.*), but combined them into "my parent" (*My parent believes in*

having clear rules and sticking with them). These wordings might cause the participants to give similar scores for fathers and mothers' parenting, resulting in a high correlation between the fathers and mothers' parenting scores.

CONCLUSION

This study found that the perceived authoritative parenting style performed by fathers and mothers predicts the resilience of Indonesian young adults. Both authoritative parenting from mothers and fathers indicates a positive and significant relationship with the resilience of young adults in Indonesia. This is possibly explained by the presence of behavior control, warmth, and support, including autonomy-granting by parents to children. Moreover, authoritative parents support the development of children's emotion regulation, which has a positive effect on children's resilience. Therefore, implementing an authoritative parenting style could predict the resilience of young adults in Indonesia.

This study is expected to provide new references for future research about parenting styles and resilience. However, as this research solely focuses on one type of parenting style, the researcher suggests that exploring the three other types of parenting styles (authoritarian, permissive, and neglectful) could be done to understand the differences between the effects of all parenting styles' typologies on resilience. Hence, the researcher also recommends that future research could involve a larger group of participants to be more representative of the four types of parenting styles. Future researchers should also ensure that the assumption of homoscedasticity is met before conducting regression analysis. This would prevent any unreliable results on the standard error and p-values when using simple linear regression analysis.

On the other hand, this research provides further evidence to young adults regarding a factor that influences their resilience, which is their perception of the authoritative parenting style they received during childhood until their adolescent years. Based on the research findings, this study found that an authoritative parenting style is effective for developing children's resilience. Therefore, parents are advised to implement authoritative parenting in order to develop children's resilience from childhood. The practices that parents could perform include establishing clear rules, sticking to them, and explaining the reason behind these rules. Besides enforcing rules, parents should also provide sufficient care and attention to the children, as a part of their responsibility in guiding children's behavior and providing them with emotional support (Meisel et al., 2024). Furthermore, parents should also show sympathy when their children are hurt or frustrated. This convinces their children that parents care about their feelings.

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