

## THE RELATIONSHIP BETWEEN PARENTING STYLES AND CHILDREN'S SELF-CONFIDENCE IN THE KUTA ALAM WORKING AREA BANDA ACEH CITY

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### ABSTRAK

The role of parents is crucial in shaping several fundamental attitudes that determine the development of a child's personality in the future. Having self-confidence is very important for the growth and development of a child's personality. Applying appropriate and correct parenting styles is a way for parents to help develop their children's self-confidence. The aim of this study is to determine the relationship between parenting styles and children's self-confidence in Kuta Alam Working Area, Banda Aceh City. This research uses a descriptive analytic design with a cross-sectional approach. The sampling technique used is total sampling, involving the entire population as the sample. The study includes all mothers who have children aged 6-10 years in Kuta Alam Working Area, Banda Aceh City, totaling 65 respondents. The research instrument used is a questionnaire sheet. Data analysis was carried out univariately and bivariately using the chi-square test. The results showed that the majority of respondents applied a permissive parenting style, with 33 respondents (50%), and most children had low self-confidence, with 26 respondents (39.4%), while a small portion had moderate self-confidence, with 17 respondents (25.8%). There is a significant relationship between parenting style and children's self-confidence, with a p-value of 0.002 ( $p < 0.05$ ). It is recommended that parents adopt effective parenting styles, especially those oriented toward democratic parenting, and support every stage of child development so that children can enhance their self-confidence and social abilities.

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### INTRODUCTION

Child development is a complex process, shaped by the child's potential and their surrounding environment. The primary and most influential environment in a child's development is the family, where parents play the most crucial role. Parents must be able to create a home environment that supports positive behavioral tendencies and promotes the child's well-being through the parenting styles they apply (Cimi et al., 2017).

Parenting style refers to the attitudes and behaviors of parents toward their children during interaction and communication throughout caregiving activities. In raising their children, parents provide attention, rules, discipline, rewards, punishments, and responses to their children's needs. A parent's behavior and habits are constantly observed, evaluated, and imitated by their children, who, either consciously or unconsciously, internalize these behaviors, which later become part of their own habits. The parenting style applied by parents greatly affects the child's development as they grow older (Mawarni et al., 2018).

Nowadays, many parents place high expectations on their children, often forcing them to meet goals that are not in line with their abilities. When the child fails to meet these expectations, the blame often falls on the child. This kind of treatment harms the child's psychological well-being; disappointment and fear of failure can lead to a loss of self-confidence. Therefore, the role of parents is essential in shaping the fundamental attitudes that determine the child's future personality development (Susanta & Dewi, 2021).

Self-confidence is extremely important for the growth and personality development of a child. It allows children to form their identity. Confident children believe in their abilities, making it easier for them to adapt and interact with their surroundings. Children with high self-confidence respond positively to situations. Conversely, those with low self-confidence often develop negative perceptions of themselves (Vega et al., 2019).

In essence, every child possesses some level of self-confidence. However, the degree of confidence varies from child to child. Some children have high self-confidence, others have low self-confidence, and many lack it entirely. It is an undeniable fact that many children today struggle with low self-confidence or a complete absence of it (Ferlin & Putri, 2022).

Self-confidence in children can be improved through various means. One of the most effective ways is by applying proper and appropriate parenting styles. The parenting style used by parents plays a vital role in a child's development, including the development of self-confidence. Since parents are the main figures in raising and educating their children—those who interact with them most often—their parenting style greatly influences their child's level of self-confidence (Febriana et al., 2018).

Parenting styles are generally categorized into three types: authoritarian, democratic, and permissive. Parenting style is the best approach that parents can use to educate their children as a form of responsibility. As the primary educators and

caregivers, parents must foster their children's full potential in a healthy manner. To do so, they often adopt parenting methods they believe to be effective in raising intelligent and disciplined children. Therefore, choosing the right parenting style is critical to building children's self-confidence (Larasani et al., 2020).

Given the importance of parenting style in shaping a child's self-confidence, parents should evaluate whether their current approach is appropriate. As the main figures in a child's life, parents need to adopt effective and suitable methods for nurturing confidence. Positive parenting practices are crucial for fostering self-confidence in children, as lack of confidence can lead to self-perceived weaknesses that hinder life achievements (Meina, 2020).

A previous study by Anriani (2022) on the relationship between parenting styles and children's self-confidence in Maccini Baji Village, Batang Subdistrict, Jeneponto Regency, concluded that parenting style has a significant relationship with children's self-confidence. The study reported a p-value of 0.002, which is less than 0.05, indicating that the better the parenting style, the greater the child's self-confidence.

Another related study by Susanti et al. (2022), titled "The Relationship Between Parenting Style and Self-Confidence Development in Early Childhood," also found a positive correlation between parenting style and the development of self-confidence. This was supported by a chi-square test result of  $\text{Asymp. Sig} = 0.030 < 0.05$  and a correlation coefficient of  $r = 0.744$  with  $p = 0.000$ . These results confirm that proper parenting significantly promotes the development of self-confidence.

A preliminary survey conducted by the researcher in Kuta Alam Working Area, Banda Aceh City, through observation of 10 children aged 6–10 years, revealed that 6 children (60%) had low levels of self-confidence, characterized by shyness, quietness, and difficulty interacting with others. Meanwhile, 2 children (20%) had moderate levels, and another 2 children (20%) displayed high self-confidence. Kuta Alam Working Area is a coastal village located far from urban centers, where children rarely interact with new people. Many of their parents work as fishermen and are often busy. Interviews with the children showed that 5 (50%) said their parents were indifferent or neglectful, 3 (30%) said their parents were caring and attentive, while 2 (20%) stated that their parents were strict and scolded them for not doing house chores.

Based on the above explanation, the researcher is interested in conducting a study on the relationship between parenting styles and children's self-confidence in Kuta Alam Working Area, Banda Aceh City.

## RESEARCH METHODE

This study employed a descriptive analytic design with a cross-sectional approach, which is a type of research used to study the dependent and independent variables simultaneously in order to determine the relationship between parenting styles and the development of children's self-confidence. The research was conducted in Kuta Alam Working Area, Banda Aceh City, in November 2024. The study population consisted of all mothers who had children aged 6–10 years in Kuta Alam Working Area, totaling 65 individuals. The sampling technique used was simple random sampling. Data analysis was conducted using univariate and bivariate methods, with the Chi-Square test applied for hypothesis testing.

## RESULTS AND DISSCUSION

Based on the research findings, the results are as follows:

### 1. Univariate Analysis

#### a. Characteristics of the Mothers

**Table 1.** Frequency Distribution of Respondents Characteristics in Kuta Alam Working Area, Banda Aceh City

No	Characteristics	Frequency (f)	Percentage (%)
<b>Age</b>			
1	20-29 Years	9	13,6
2	30-39 Years	49	74,3
3	40-49 Years	8	12,1
<b>Sum</b>		<b>66</b>	<b>100</b>
<b>Education</b>			
1	S1	14	21,2
2	High School/Equivalent	46	69,7
3	Elementary/Junior High/Equivalent	6	9,1
<b>Sum</b>		<b>66</b>	<b>100</b>
<b>Work</b>			
1	PNS	4	6,1
2	Honor	7	10,6
3	IRT	55	83,3
<b>Sum</b>		<b>66</b>	<b>100</b>

The results of the study show that the majority of respondents were aged 30–39 years, totaling 49 respondents (74.2%). In terms of education level, most had completed senior high school or its equivalent, accounting for 46 respondents (69.7%). Regarding occupation, the majority were housewives, totaling 55 respondents (83.3%).

## b. Parenting Styles

**Table 2.** Frequency Distribution of Parenting Styles in Kuta Alam Working Area, Banda Aceh City

No	Parenting Style	Frequency (f)	Percentage (%)
1	Democratic	23	34,8
2	Authoritarian	10	15,2
3	Permissive	33	50
<b>Sum</b>		<b>66</b>	<b>100</b>

The research findings indicate that out of 66 respondents, the majority applied a permissive parenting style, totaling 33 respondents (50%), while the minority applied an authoritarian parenting style, totaling 10 respondents (15.2%).

## c. Mental Health

**Table 3.** Frequency Distribution of Children's Self-Confidence in Kuta Alam Working Area, Banda Aceh City

No	Children's Confidence	Frequency (f)	Percentage (%)
1	Good	23	34,8
2	Keep	17	25,8
3	Less	26	39,4
<b>Sum</b>		<b>66</b>	<b>100</b>

The research findings show that out of 66 respondents, the majority had low self-confidence, with 26 respondents (39.4%), while the minority had moderate self-confidence, with 17 respondents (25.8%).

## 2. Bivariate Analysis

**Table 4.** The Relationship Between Parenting Styles and Children's Self-Confidence in Kuta Alam Working Area, Banda Aceh City

No	Parenting Style	Children's Confidence								p-Value
		Tall		Keep		Low		Sum		
		f	%	F	%	f	%	f	%	
1	Democratic	17	73,9	4	17,4	2	8,7	23	100	0,002
2	Authoritarian	1	10	9	90	0	0	10	100	
3	Permissive	5	15,2	4	12,1	24	72,7	33	100	

## Discussion

### 1. Parenting Styles

The results of the study show that out of 66 respondents, the majority applied a permissive parenting style, with 33 respondents (50%), while the minority applied an authoritarian parenting style, with 10 respondents (15.2%). This is consistent with the observation that most parents in this study allowed their children to act as they

wished, did not give praise when the child excelled, and did not punish the child when they made mistakes. This reflects a permissive parenting style, where parents never require the child to do anything, thus allowing the child to act freely without boundaries. Only a minority of parents in this study applied an authoritarian parenting style, where parents were more strict with their children and would punish them when they made mistakes.

This finding aligns with research by Nurliah and Fajriani (2024), which studied the relationship between parenting styles and the development of children aged 5-6 years, revealing that 32 respondents (86.4%) applied a permissive parenting style. The study also corresponds with Lestari's (2019) research on the relationship between parenting styles and children's independence, which found that 84.9% of parents used a permissive parenting style.

Parenting style is crucial for a child's well-being. A parenting style can be considered appropriate if the child feels the full affection from the family, especially from the parents, and feels happy at all times. The quality of a child's physical and psychological growth and development can improve with the right parenting style. On the other hand, improper parenting can lead to a decline in both physical and psychological development, which can later impact the child's future, such as their character formation (Ningsih et al., 2022).

Every parent has a different approach to raising their children, including their parenting style. However, some parents may not realize the kind of parenting style they are applying. Yet, parenting is an essential part of shaping a child's behavior and intelligence. Parents' treatment of their children has a significant contribution to the child's social competence, emotional development, and intellectual ability (Tasha, 2019).

The researcher assumes that the majority of parents in this study applied a permissive parenting style. This is indicated by the fact that parents tend to spoil their children and allow them to do things without considering the consequences of their actions. Parents did not set specific rules or penalties if their children made mistakes. The parents in this study gave their children the freedom to do whatever they wished without control. This lack of control may have an impact on the development of the child's character, including their self-confidence.

## 2. Children's Self-Confidence

The results of the study show that the majority of respondents had low self-confidence, with 26 respondents (39.4%), while a minority had moderate self-confidence, with 17 respondents (25.8%). This is in line with the observation that most children in this study lacked belief in their own abilities, were afraid when meeting new people, and felt shy when speaking to unfamiliar individuals. These behaviors reflect a lack of self-confidence, which prevents children from solving problems independently.

This finding is consistent with a study conducted by Aryenis (2021) on the self-confidence of children at SDN Retu Ibu, which found that the majority of children (61%) had low self-confidence. Similarly, research by Rosiana et al. (2021) on the relationship between self-confidence and social interaction in preschool-aged children at SD Kumara Medahan showed that 45 children (72.6%) had low levels of self-confidence.

In principle, every child possesses a degree of self-confidence, but not all children have the same level. Self-confidence varies from child to child—some have high confidence, others have low, and many may have none at all. It is undeniable that many children still suffer from low or even no self-confidence (Ferlin & Putri, 2022).

Self-confidence enables individuals to express themselves well, solve basic problems, appear in front of others, ask and answer questions, express opinions, and persevere in their efforts. Without it, children may face obstacles and difficulties, especially in social interactions with peers or when engaging with new environments. Confidence is also essential when participating in public activities. Therefore, collaboration between parents and educators is crucial in fostering self-confidence in children, as educators have the knowledge and skills to support this development (Fadlillah, 2020).

The researcher assumes that most children aged 6–10 years in Kuta Alam Working Area, Banda Aceh City, have low self-confidence. This may be due to their rural living environment and emotionally distant family relationships, which lead children to doubt their abilities. Children with high self-confidence tend to be eager to learn, behave positively in interactions—even with adults—and exhibit a positive attitude that helps them assess themselves and the situations they face constructively.

### 3. Relationship Between Parenting Style and Children's Self-Confidence

The results of the Chi-Square statistical test (Pearson Chi-Square) at a 95% confidence level ( $\alpha = 0.05$ ) showed a p-value of 0.002 ( $p < 0.05$ ), indicating that the alternative hypothesis ( $H_a$ ) is accepted and the null hypothesis ( $H_o$ ) is rejected. It can thus be concluded that there is a significant relationship between parenting style and children's self-confidence. This finding supports the notion that low self-confidence in children may result from inappropriate parenting. In this study, most parents who applied a permissive parenting style had children with low self-confidence.

This study aligns with the findings of Ferlin and Putri (2022), who investigated the relationship between parenting styles and children's self-confidence. Their study revealed a significant relationship (p-value = 0.000), showing that a democratic parenting style is the most effective in fostering children's self-confidence. The better the parenting style, the higher the level of self-confidence in children.

Similarly, the study conducted by Larasani and Mayar (2020) on the relationship between parenting styles and early childhood self-confidence found a positive correlation between parenting style and children's self-confidence ( $p = 0.001$ ). The democratic parenting style was identified as the most effective in enhancing self-confidence in early childhood.

Children's self-confidence can be developed in many ways. One effective approach is applying the right and appropriate parenting style. The parenting style used by parents plays a crucial role in children's overall development and growth, including their self-confidence. A child's development largely depends on how they are raised (Dwinandia & Hilmi, 2022). As the primary figures in a child's life, parents are the ones who constantly interact and communicate with them. Therefore, the parenting style parents apply significantly influences the child's level of self-confidence (Febriana et al., 2021).

The parenting style chosen by parents is closely related to the self-confidence that develops in the child. If parents adopt an authoritarian style—frequently scolding the child without clear reasons and placing excessive demands—the child may feel pressured and, as a result, lack self-confidence (Larasani et al., 2020).

Children raised with love and affection tend to feel valued and cared for by their parents. Such nurturing is a characteristic of the democratic parenting style, which is regarded as the most appropriate approach to raising and educating children. In contrast, children raised with a permissive parenting style may become

spoiled, self-centered, and lack self-control, which can lead to lower levels of self-confidence (Saputri et al., 2020).

The researcher assumes that, due to the importance of parenting style in shaping children's self-confidence, parents need to reflect on and reassess whether their current parenting approach is appropriate. As the main figures in their children's upbringing, parents should adopt parenting methods that foster self-confidence. If a child is raised under constant pressure and fear, they are more likely to experience anxiety and low self-esteem.

## CONCLUSION AND SUGGESTIONS

### Conclusion

As the final part of this thesis, the researcher presents the following conclusions based on the discussion:

1. The majority of respondents applied a permissive parenting style, with 33 respondents (50%), while a minority applied an authoritarian parenting style, with 10 respondents (15.2%).
2. The majority of children had low self-confidence, with 26 respondents (39.4%), while a minority had moderate self-confidence, with 17 respondents (25.8%).
3. There is a significant relationship between parenting style and children's self-confidence, with a p-value of 0.002 ( $p < 0.05$ ).

### Suggestions

1. For the Researcher

It is hoped that this study can broaden the researcher's knowledge and provide insights into the relationship between parenting style and children's self-confidence, serving as a valuable reference for future learning.

2. For the Respondents

Parents are encouraged to apply effective parenting styles, particularly those aligned with democratic parenting, and to support each stage of their child's development. This will help children improve their self-confidence and social skills when interacting with peers, younger individuals, and older people.

3. For Educational Institutions

It is hoped that educational institutions can add this research as a reference and source of knowledge in the library, especially concerning the relationship between parenting style and children's self-confidence.

#### 4. For Future Researchers

It is recommended that future studies explore the relationship between parenting styles and children's self-confidence using different methods, variables, and data analysis techniques, as well as involving larger populations and samples to obtain more accurate results.

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