

The Impact of Authoritarian Parenting on Aggressive Behavior in Adolescents

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ABSTRACT

This study aims to explore the impact of authoritarian parenting on aggressive behavior in adolescents. Aggressive behavior during adolescence is often expressed verbally through insults or threats, and physically through fighting or violence, and it is influenced by the parenting style applied at home. Authoritarian parenting, characterized by strict rules, high demands, one-way communication, and the use of punishment, is suspected to contribute to the emergence of aggression. This research employed a qualitative descriptive method with data collection techniques including participatory observation, in-depth interviews, and documentation. The participants consisted of students in SMK Muhammadiyah 1 Palembang who were identified as experiencing authoritarian parenting patterns. The results revealed that adolescents raised with authoritarian parenting tend to show aggressive behaviors such as shouting, mocking, pushing, or hitting peers, which often emerge as an outlet for frustration due to strict parental control. These findings are in line with Baumrind's parenting theory and the frustration-aggression hypothesis, which highlight the negative effects of excessive control and lack of emotional support. The study concludes that authoritarian parenting significantly increases the risk of aggressive behavior in adolescents, while democratic parenting approaches are more effective in fostering emotional regulation, mutual respect, and healthy social interaction. This research provides important implications for parents, educators, and counselors in designing preventive strategies and interventions to reduce aggression among adolescents.

Introduction

Adolescence is a developmental period marked by complex physical, cognitive, emotional, and social changes. During this phase, adolescents begin to form their own identities, develop broader relationships with peers, and develop independence in decision-making. However, this period is also vulnerable to the emergence of problematic behavior, one of which is aggressive behavior. Aggressive behavior in adolescents can manifest itself verbally, such as threats or insults, or physically, such as fighting and violence against others.

One factor influencing the emergence of aggressive behavior in adolescents is parental parenting style. Authoritarian parenting is a parenting style characterized by high demands,

strict discipline, one-way communication, and the use of punishment as a primary means of control. Parents who practice authoritarian parenting often have unrealistic expectations without giving children the opportunity to express their opinions or feelings (Baumrind, 1991). In the long term, this parenting style can hinder emotional development, reduce self-confidence, and trigger aggressive behavior as a form of resistance.

Empirical research shows a positive relationship between authoritarian parenting and adolescent aggressiveness. A study by Salenussa and Soetjiningsih (2022) in Central Maluku found that authoritarian parenting contributed 53.8% to the emergence of aggressive behavior among high school students in the area. This finding was reinforced by Chotimah (2021), who conducted research in Plalangan Village and found a very strong correlation ($r = 0.802$, $p < 0.05$) between authoritarian parenting and aggressive behavior in adolescents.

Another study conducted by Saputra and Sawitri (2015) in Semarang showed a significant positive correlation with an r value of 0.39 ($p < 0.001$) in adolescents aged 15–17 years. Meanwhile, research by Yuliyanti and Soetjiningsih (2024) in Salatiga revealed a similar relationship with a correlation coefficient of $r = 0.289$ ($p = 0.002$). Although the correlation level varies across regions, these findings consistently conclude that authoritarian parenting plays a role in increasing the risk of aggressive behavior in adolescents.

Authoritarian parenting often arises from parents' belief that strict control is a form of love and the best way to discipline children. However, this approach actually creates significant emotional stress. Adolescents who grow up in a controlling environment tend to feel unheard, unappreciated, and unable to express their emotions. This can trigger frustration that leads to aggression (Baumrind, 1991).

Furthermore, neuropsychological factors are also related. Stressful environments with minimal emotional support are known to inhibit the development of the prefrontal cortex, the part of the brain that plays a key role in regulating impulses and controlling emotions (Salenussa & Soetjiningsih, 2022). As a result, adolescents with authoritarian parenting experiences are more prone to impulsive aggressive behavior than those raised in more supportive environments.

Furthermore, cultural factors also reinforce the practice of authoritarian parenting in some regions of Indonesia. Societies with value systems that emphasize family hierarchy often view absolute obedience as a reflection of good children, making the use of strict control natural. However, the modern developmental psychology paradigm emphasizes the importance of two-way communication, respect for children's opinions, and the application of discipline that educates rather than punishes (Chotimah, 2021).

Aggressive behavior in adolescents not only impacts them but also their social environment. High levels of aggression can lead to conflict with peers, trigger bullying, and even increase the risk of juvenile delinquency and violence. If not addressed promptly, this behavioral pattern has the potential to persist into adulthood, hindering healthy social and emotional development.

Personality factors also play a role in moderating the relationship between authoritarian parenting and aggressive behavior. Adolescents with low levels of self-control are more prone to aggressive reactions when faced with parental pressure, while those with good emotional regulation tend to be able to manage anger more adaptively.

Therefore, it is important for parents, educators, and other stakeholders to understand the negative impact of authoritarian parenting on adolescent behavior. More democratic parenting approaches, such as authoritative parenting, are considered more effective because they combine demands with adequate emotional support. Therefore, this article aims to examine in depth the impact of authoritarian parenting on adolescent aggressive behavior and provide practical implications for prevention and intervention in both family and school settings.

Method

This study uses a qualitative research method with a descriptive approach. Based on Denzin & Lincoln (in Fadli, 2021), qualitative research is research that uses a natural setting with the intention of interpreting a phenomenon that occurs and is carried out by involving various existing methods. Qualitative research is a research process to understand human or social phenomena by creating a comprehensive and complex picture that can be presented in words, reporting detailed views obtained from informants, and conducted in a natural setting (Walidin, et al. in Adlini, et al., 2022). Researchers contribute as key instruments, sampling, data sources using purposive and snowball sampling, collection techniques using triangulation (combination) methods, inductive/qualitative data analysis, and qualitative research results emphasizing meaning rather than generalization (Sugiyono in Fadli, 2021).

Qualitative research uses a natural setting with the intention of interpreting a phenomenon that occurs and is carried out by involving various existing methods. Qualitative research seeks to discover and narratively describe the activities carried out and the impact of those actions on their lives (Adlini, et al., 2022). Qualitative research aims to gain a deeper understanding of human and social issues, rather than describing the surface of reality as quantitative research with its positivism does (Adlini, et al., 2022).

Data collection in this study was carried out through three main techniques, namely participatory observation, in-depth interviews, and documentation. Observation was carried out as a way to see what problems he was going through. In-depth interviews were conducted through one of the work programs, namely individual counseling, with the participant being a student of class XI TKJT 1 at SMK Muhammadiyah 1 Palembang. Then, documentation was carried out by providing an Informed Consent form and a Curriculum Vitae to request the subject's consent to participate in the counseling session. The counseling session was held in the Guidance Counseling Room at SMK Muhammadiyah 1 Palembang. Quoting research from Denzin and Lincoln (1994), the participant was referred to as an observer, where the participant acted as an observer, allowing his presence as a researcher and trying

to form a series of relationships with the subjects so that they functioned as respondents and informants.

Results and Discussion

The results of the study show that adolescents who grow up under authoritarian parenting tend to display aggressive behavior in their daily lives. From interviews, informants revealed that parents often enforce strict rules, use harsh punishments, and rarely give children the opportunity to express their opinions. This situation makes adolescents feel depressed, unappreciated, and seek other channels to express themselves.

Field observations reinforce this, where adolescents are seen to be easily provoked, often yelling, mocking, or getting into fights with their peers. Some students also exhibit physically aggressive behavior such as pushing or hitting when faced with minor conflicts. School documentation in the form of guidance counselor notes shows that students with an authoritarian parenting background are more likely to receive reports of disciplinary violations and social conflicts.

When linked to previous research, these results are consistent with findings in Gianyar, Bali (Resitha Dewi & Susilawati, 2016), which found a positive relationship between authoritarian parenting and adolescent aggression. Similarly, research by Anis & Mil (2023) in South Lampung shows that young children with authoritarian parenting more often exhibit aggressive behavior. Research at SMK Yudya Karya Magelang (Einstein & Indrawati, 2016) also showed that adolescents raised with authoritarian parenting were more prone to exhibiting both verbal and physical aggressive behavior.

These findings support Baumrind's (1991) parenting style theory, which explains that authoritarian parenting is characterized by high control, one-way communication, and a lack of emotional warmth. Hurlock (2007) adds that adolescents with authoritarian parenting styles are more prone to anger, unhappiness, and poor communication skills. This is evident from the narratives of informants who feel constrained and often vent their frustration through aggressive behavior.

Psychologically, this aggressive behavior can be understood through the frustration-aggression theory. Excessive pressure from parents causes frustration, which is then vented in the form of aggression. Because children cannot defy their parents, aggressive behavior is more often directed at peers at school. This explains why adolescents with authoritarian parenting styles are more often involved in fights and social conflicts.

Although authoritarian parenting is a dominant factor, social environments such as peers, school, and the media also play a role in reinforcing aggressive behavior. However, strict parenting makes adolescents less capable of regulating their emotions, so these external factors more easily trigger aggression. In other words, authoritarian parenting lays the foundation for weakening adolescents' resilience to environmental influences.

This discussion confirms that authoritarian parenting has a significant impact on adolescent aggressive behavior. Therefore, parents are advised to switch to democratic

parenting, which combines discipline with open communication and affection. This parenting style makes it easier for children to learn to manage their emotions, respect rules, and feel valued as individuals. For schools, these findings emphasize the importance of counseling programs and cooperation with parents to minimize aggressive behavior among students.

Conclusion

The findings of this study indicate that authoritarian parenting significantly contributes to the emergence of aggressive behavior among adolescents. Adolescents raised in families characterized by strict control, rigid rules, one-way communication, and the dominant use of punishment tend to experience high levels of psychological pressure. Such conditions often lead them to feel unappreciated, restricted in expressing their thoughts and emotions, and ultimately frustrated. This frustration is then manifested through aggressive behaviors, both verbal—such as shouting and mocking—and physical, such as pushing or hitting.

These results are consistent with Baumrind's (1991) parenting theory and the frustration-aggression hypothesis, which highlight that excessive demands coupled with a lack of emotional warmth increase the likelihood of aggressive tendencies in adolescents. While external factors such as peer influence and individual personality traits also play a role, authoritarian parenting stands out as the fundamental factor that undermines adolescents' capacity to regulate their emotions.

Therefore, this study emphasizes that authoritarian parenting not only affects the parent-child relationship but also has broader implications for adolescents' emotional and social development. A shift toward a more democratic (authoritative) parenting style is essential—one that balances discipline with open communication, respect for the child's opinions, and sufficient emotional support. Such an approach is more conducive to fostering emotional regulation, building self-confidence, and reducing aggressive tendencies in adolescents.

Declarations

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