



# The Role of Parenting Patterns on Children's Healthy Lifestyle: Authoritative, Authoritarian, and Permissive Types

Muhamad Hanif Ramadhan<sup>1\*</sup>, Tian Kurniawan<sup>2</sup>, Adiska Rani Ditya Candra<sup>3</sup>

<sup>1</sup> Department of Sport Education, Universitas Pendidikan Indonesia, Indonesia

<sup>2</sup> Department of Sport Science, Universitas Pendidikan Indonesia, Indonesia

<sup>3</sup> Department of Sport Coaching Education, Universitas Negeri Semarang, Indonesia

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### Correspondence

Muhamad Hanif Ramadhan

E-mail:

[ramadhanhanifm@upi.edu](mailto:ramadhanhanifm@upi.edu)

## Abstract

The transition period of the co-19 pandemic provides various impacts on life sectors. The transition period is also prohibited for the community to be negligent in efforts to maintain and continue to maintain health. Based on the findings that the new subvariants of the omicron corona virus BA.4 and BA. 5 are said to be more easily transmitted to groups of children. Parents have an important role in maintaining children's healthy living behavior through the parenting patterns applied. Parenting patterns can have an impact on children's healthy living behavior. The purpose of this study was to determine the most significant role of three types of parenting patterns on children's healthy living behavior. The research method in this study is a survey method with a quantitative approach. The research instrument was a questionnaire. The research sample involved 60 respondents with purposive sampling technique. Data analysis techniques using independent T-test. The results of the study showed that authoritative type parenting plays a more significant role compared to authoritarian type parenting and permissive type parenting. The conclusion of this study shows that the authoritative type has positive implications for the development of children in healthy living behavior. The recommendations of this study refer to parenting that prioritizes parents as role models in a healthy living culture applied to a family.

**Keywords:** Parenting style, Healthy Lifestyle, Healthy Culture, Family Health Pillars

## Abstrak

Masa transisi pandemi covid-19 memberikan berbagai dampak pada sektor kehidupan. Masa transisi juga dilarang bagi masyarakat untuk lalai dalam upaya menjaga dan terus menjaga kesehatan. Berdasarkan hasil temuan bahwa subvarian baru virus corona omicron BA.4 dan BA. 5 disebut lebih mudah menular pada kelompok anak-anak. Orang tua memiliki peran penting dalam menjaga perilaku hidup sehat anak melalui pola asuh yang diterapkan. Pola asuh dapat memberikan dampak terhadap perilaku hidup sehat anak. Tujuan penelitian ini adalah untuk mengetahui peran yang paling signifikan dari ketiga jenis pola asuh terhadap perilaku hidup sehat anak. Metode penelitian dalam penelitian ini adalah metode survei dengan pendekatan kuantitatif. Instrumen penelitian adalah kuesioner. Sampel penelitian melibatkan 60 responden dengan teknik purposive sampling. Teknik analisis data menggunakan uji-t independen. Hasil penelitian menunjukkan bahwa pola asuh tipe authoritative lebih berperan signifikan dibandingkan dengan pola asuh tipe authoritarian dan pola asuh tipe permissive. Kesimpulan dari penelitian ini menunjukkan bahwa tipe authoritative memiliki implikasi positif terhadap perkembangan anak dalam berperilaku hidup sehat. Rekomendasi penelitian ini mengacu pada pola asuh yang mengutamakan orang tua sebagai panutan dalam budaya hidup sehat yang diterapkan dalam sebuah keluarga.

**Kata kunci:** Pola Asuh, Perilaku Hidup Sehat, Budaya Sehat, Pilar Kesehatan Keluarga



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## INTRODUCTION

In the transition period after the Covid-19 pandemic, maintaining health is very important, especially for children. Reporting from (CNN Indonesia, 2022) the new sub-variants of the Omicron BA.4 and BA.5 coronaviruses are said to be more easily transmitted in children. This was revealed by Erlina Burhan, a pulmonary specialist from Persahabatan Hospital in Jakarta, at an event held by the Indonesian Doctors Association. Therefore, it is very important to maintain healthy lifestyle behaviors in children, especially during the transition period of the COVID-19 pandemic. In addition, the learning process that was previously carried out online has made children less active, such as just lying down or sitting around with their gadgets, which has an impact on their health, both physical and mental (Araújo et al., 2020; Hampshire, 2020).

Healthy lifestyle behavior is defined as the behavior and actions of individuals concerning physical health, nutrition and diet practices, physical activity, and addictive behavior (J. et al., 2014). According to the Indonesian Ministry of Health (2018), healthy living can be defined as a state free from disturbances in both mental and physical aspects. Thus, healthy living refers to a condition in which a person does not experience health problems, both physically and psychologically.

Parents have an important role in maintaining their children's healthy lifestyle. The interaction and parenting style of parents towards their children has implications for their children's healthy lifestyle (Davids et al., 2017). For example, parents provide knowledge and also examples of healthy living behavior and provide good nutritional intake (Anzman-Frasca et al., 2014; Bhutta et al., 2017; Van Rinsum et al., 2019). According to the Great Indonesian Dictionary, "pattern" refers to a fixed style, model, work system, or structure. Meanwhile, "asuh" means to care for, look after, maintain, or educate. "Orang tua" is defined as an individual who is elderly, such as our father and mother. Thus, parenting can be understood as the way or model that parents apply in protecting their children (KBBI, 2020). Parental upbringing is the way parents provide protection, education, and form relationships with their children in everyday life (Kohn, 2005).

According to D. Baumrind, there are three types of parental upbringing: 1) Authoritative parenting; 2) Authoritarian parenting; 3) Permissive parenting (Candelanza et al., 2021). Each parenting style has its own characteristics and has positive and negative implications for healthy living behavior, which becomes a reference for children

in the process of their future development (Kuppens & Ceulemans, 2019).

According to explanations in previous research, the three types of parenting have different characteristics. Authoritative parenting is characterized by parents who provide strict supervision of the child's behavior, but still give the child the opportunity to express his or her wishes. Parents respect the child's opinion, listen, respond, and give appreciation. They are responsive, respect the child's thoughts, and involve the child in conversations and decision making. In the authoritarian parenting style, parents tend to limit and require the child to follow their orders. Strict limits are applied without much room for the child to express their opinion. This parenting style is also characterized by harsh and rigid punishment. Meanwhile, in \*permissive\* parenting, parents give their children complete freedom to act as they wish, considering the child as a mature individual, and giving them the freedom to do whatever they want. Parental control is minimal, perhaps even non-existent, and there are no reprimands or directions given to the child (U. Echedom et al., 2018).

All three parenting styles have varying impacts and influences on child development. Children may tend to become less creative in their actions and withdrawn if they are overly restricted and strictly controlled, but they are easy to direct. On the other hand, children who are given trust, attention, and appreciation will be easy to accept, become sociable children, and also open to their parents. However, if they are allowed to do whatever they want, they will easily waver in making important decisions, lack confidence, and underestimate things (Uji et al., 2014). This impact will continue if parenting is not balanced with full awareness from parents as an important determinant of learning in the family (Candelanza et al., 2021).

Based on the background that has been presented, this study aims to determine the role of parenting patterns on children's healthy lifestyle behavior. We also want to see which parenting style has the most significant role on children's healthy lifestyle behavior.

## METHODS

### Research Design

This study employed a survey method with a quantitative approach to investigate the influence of parenting on children's healthy lifestyle behavior.

### Participants

The population in this study consisted of children and parents living in Villa Balaraja

Housing, Tangerang Regency, Banten Province, Indonesia. The sample comprised 60 respondents, including 30 children aged 13-15 years (18 boys and 12 girls) and 30 parents of these children.

The sampling technique used was purposive sampling with the following criteria:

1. Willingness to participate as a respondent.
2. Children aged 13-15 years.
3. Children and parents capable of understanding, communicating well, reading, and writing.

#### Instrument

The research instrument used was a closed questionnaire developed by the researcher. The questionnaire consisted of 48 questions, measured on a 5-point Likert scale, with response options: "strongly agree," "agree," "neutral," "disagree," and "strongly disagree." The validity and reliability of the questionnaire were tested before data collection.

#### Procedure

The data collection was conducted from December 19 to 24, 2022, by distributing the questionnaire to respondents. Respondents provided their responses to the written questions within the specified period.

#### Data Analysis

The data were analyzed using independent t-tests to compare differences between groups and Pearson correlation tests to examine the relationship between parenting and children's healthy lifestyle behavior.

## RESULT

[Table 1](#) shows that the average values of the parental upbringing variable (X) are 128, 129, and 127, with standard deviations of 7.61, 7.62, and 10.05, respectively. Meanwhile, the children's healthy lifestyle variable (Y) has an average value of 134, with a standard deviation of 6.26.

As presented in [Table 2](#), the correlation coefficients between authoritative, authoritarian, and permissive parenting styles and children's healthy lifestyle behavior are 0.917, 0.878, and 0.976, respectively. By comparing the calculated *r*-value with the *r*-table value for *df* = 28, which is 0.374, it is evident that *r*-calculated is greater than *r*-table. This indicates a significant relationship between parenting styles and children's healthy lifestyle behavior.

[Table 3](#) presents the t-test results, where the calculated *t*-values for authoritative, authoritarian, and permissive parenting styles are 12.130, 9.687, and 23.590, respectively. With *df* = 28 and a significance level of 0.05, the *t*-table value is 2.084. Since all *t*-calculated values exceed the *t*-table value, the null hypothesis (*H*<sub>0</sub>) is rejected. This confirms that authoritative, authoritarian, and permissive parenting styles significantly influence children's healthy lifestyle.

As displayed in [Table 4](#), the determination index for the influence of authoritative, authoritarian, and permissive parenting styles on children's healthy lifestyle behavior is 95.2%, 77%, and 84%, respectively. These findings highlight the strong role of parenting styles in shaping children's healthy habits.

**Table 1.** Average Value and Standard Deviation Data

Var	Average	Standard Deviation
Authoritative parenting style	128	7,61
Authoritarian parenting style	129	7,62
Permissive parenting style	127	10,05
Child healthy behavior	134	6,26

**Table 2.** Correlation Results

Var	r calculate	r table
Authoritative parenting style	0,976	0,374
Authoritarian parenting style	0,878	0,374
Permissive parenting style	0,917	0,374

**Table 3.** T-Test Results

Var	t calculate	t table	Desc
Authoritative parenting style	23,590	2,048	H <sub>0</sub> rejected
Authoritarian parenting style	9,687	2,048	H <sub>0</sub> rejected
Permissive parenting style	12,130	2,048	H <sub>0</sub> rejected

**Table 4.** Calculation Results of the Determination Index

Var	Determination Index %
Authoritative parenting style	95,2
Authoritarian parenting style	77
Permissive parenting style	84

## DISCUSSION

Every parent applies a different parenting style to their child, and this parenting style will affect the child's behavior, including in terms of healthy lifestyle behavior (Gao et al., 2015; Van Der Horst & Sleddens, 2017). The role of parents is very important in supporting children's healthy lifestyle, especially through providing a healthy and regular diet, and inviting children to participate in physical activities (Rhodes & Kates, 2015; Scaglioni et al., 2018). Healthy lifestyle behavior is defined as the behavior and actions carried out by individuals concerning physical health, nutritional and dietary practices, physical activity, and addictive behavior (Burusic et al., 2014). According to (Who, 2010) the definition of healthy is complete physical, mental and social well-being, not just the absence of weakness or illness. Therefore, parents must provide good parenting for their children. Because health is not only the absence of disease, but also having good physical, mental and social well-being (Derguy et al., 2018).

Based on the data analysis that has been carried out, the results of the t-test calculation show that the t-score for authoritative parenting is 23.590, for authoritarian parenting is 9.687, and for permissive parenting is 12.130, which indicates that the data is significant. From the results of this study, it can be concluded that authoritative parenting has a significant influence on children's healthy lifestyle behavior with a contribution of 95.5%. Authoritarian parenting also shows a significant influence on children's healthy lifestyle behavior with a contribution of 77%, while permissive parenting has a significant influence with a contribution of 84%. Overall, authoritative parenting has a greater influence on children's

healthy lifestyle behaviors than authoritarian and permissive parenting.

Authoritative parenting plays an important role in shaping children's healthy lifestyle behaviors, especially in areas such as nutrition, physical activity, and overall mental health. This parenting style is characterized by responsiveness and high demands, which fosters an environment conducive to healthy lifestyle choices. Research shows that children raised in authoritative households tend to exhibit healthier eating habits and are more physically active than their peers from authoritarian or permissive backgrounds (Yang, 2021; Sleddens et al., 2011). For example, a systematic review found that authoritarian parenting is associated with better dietary behavior and lower body mass index (BMI) levels among children, highlighting its positive influence on health-related behavior (Sleddens et al., 2011).

In addition, authoritative parenting contributes significantly to children's mental health, which in turn affects their ability to engage in healthy lifestyle behaviors. Children raised in authoritative environments tend not to experience anxiety and behavioral problems, which can hinder their motivation to maintain a healthy lifestyle (Wang, 2024; Chabra & Dutta, 2016; Fadlillah et al., 2020). Authoritative parents usually encourage open communication and provide emotional support, which helps children develop better self-regulation skills and resilience to stress that can lead to unhealthy behavior (Fadlillah et al., 2020; Awiszus et al., 2022). This emotional stability is very important for children to make the right choices regarding their health, such as following a balanced diet and engaging in regular physical activity (Yang, 2021; Sleddens et al., 2011).

In addition, authoritarian parenting styles have been linked to positive socio-emotional development in children, which is essential for fostering healthy living behaviors. Children from authoritative families often exhibit better emotional regulation and interpersonal skills, enabling them to navigate social situations that may involve peer pressure associated with unhealthy habits (Martinez-Escudero et al., 2020; Aslamiyah, 2023). For example, research shows that children with authoritarian parents are more likely to reject unhealthy food choices and engage in physical activity because they feel supported and empowered to make such decisions (Yang, 2021; Sleddens et al., 2011).

In short, authoritative parenting patterns significantly influence children's healthy lifestyle behaviors by promoting better eating habits, physical activity, and mental health. The supportive and structured environment created by authoritative parents equips children with the skills necessary to make healthy choices, which ultimately leads to better health outcomes throughout their lives.

## CONCLUSIONS

Based on the results of the study, authoritative parenting has been proven to have a more positive impact on children's healthy lifestyle behavior. This parenting style, which combines wise control with emotional support, gives children the opportunity to learn independently while understanding the importance of discipline in maintaining physical health. Therefore, parents should apply a good parenting style that is in accordance with the child's development, so that it can have a positive impact on the child's physical and mental health.

Parents are expected not to apply a parenting style that is too controlling (authoritarian) or too permissive, because both can hinder the formation of healthy lifestyle habits in children. Authoritative parenting, with a balanced approach, allows children to feel valued and supported, while still understanding the importance of self-regulation in health aspects, such as a good diet, adequate physical activity, and regular sleep habits.

In addition, parents can also set an example for their children by living a healthy lifestyle themselves. Exemplary healthy lifestyle will have a strong influence on children's habits, which can continue into adulthood. Therefore, the application of proper parenting is very important to shape children's character and sustainable healthy lifestyle habits.

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