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The Relationship Between Perceptions of Overprotective Parenting and Stress in Middle Adolescents in Yogyakarta

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Abstract. *Middle adolescence is a transitional phase from childhood to adulthood, characterized by various physical, psychological, and social changes. These changes may lead to stress. One factor influencing stress is parenting style, particularly overprotective parenting. Overprotective parenting can shape adolescents' perceptions, which may affect the level of stress experienced. This study aims to examine the relationship between perceptions of overprotective parenting and stress among middle adolescents in Yogyakarta. This quantitative correlational study involved 128 middle adolescents in Yogyakarta, selected using purposive sampling. Data were collected using overprotective parenting perception scales and stress scales, then analyzed using the Pearson Product Moment correlation. Most respondents reported moderate stress levels (71.1%) and moderate perceptions of overprotective parenting (77.3%). Pearson correlation analysis showed p = 0.000 (p < 0.05) with a correlation coefficient of r = 0.249, indicating a weak but significant positive relationship between perceptions of overprotective parenting and stress.There is a significant positive relationship between perceptions of overprotective parenting and stress in middle adolescents. Adolescents experiencing overprotective parenting are encouraged to remain resilient and find meaningful lessons from their experiences.*

Keywords: *Perception, Overprotective Parenting, Stress*

1. INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. Definitions of adolescence vary across institutions. The World Health Organization (WHO, 2018) defines adolescents as individuals aged 10–19 years, the Indonesian Ministry of Health Regulation No. 25 of 2014 defines adolescents as those aged 10–18 years, while the National Population and Family Planning Board (BKKBN, Kemenkes RI, 2012) considers adolescents to be individuals aged 10–24 years who are unmarried. These differing definitions indicate the absence of a universal consensus regarding the age range of adolescence. Generally, adolescence is recognized as a preparatory phase toward adulthood, encompassing physical and sexual maturation, social and economic independence, identity formation, skill acquisition, and the development of negotiation abilities (WHO, 2015; Star in Yudia, 2014).

Adolescence is often described as a "search for self-identity," characterized by emotional instability and heightened sensitivity to stress. Biological, psychological, and social changes during adolescence can serve as stressors (Hurlock, 2012). Data from the Basic Health Research (Riskesdas, 2018) indicate an increase in the prevalence of emotional mental disorders in Indonesia from 6% (2013) to 9.8% (2018), with stress identified as a major risk

factor (WHO, 2013). In the Special Region of Yogyakarta, the prevalence of stress among individuals aged 15 years and older increased from 8.1% (2013) to 10% (2018), exceeding the national average of 9.8%. WHO (2018) also reported that half of adult mental disorders develop before the age of 14, and approximately 15% of adolescents in developing countries have experienced suicidal ideation.

Stress in adolescents may arise from an imbalance between environmental demands and individual capabilities (Anggraeni, 2012), influenced by multiple factors, including family. Parental caregiving styles play a pivotal role in adolescent development. Overprotective parenting is characterized by excessive control, high dependency, and restrictions on adolescent autonomy (Agus Wibowo, 2012; Sunarti, 2015). The negative consequences of overprotective parenting include reduced independence, psychological disturbances, limited social interaction, and an increased risk of obesity in children (Sri Riyanti et al., 2013).

Adolescents' perceptions of overprotective parenting influence their thinking, emotions, and behavior (Rahmat, 2015; Yusuf, 2015). Negative parent-child interactions or overly controlling parenting can lead to stress, social withdrawal, and self-harming behaviors (Junaidi, 2012; Haryanti et al., 2013). Preliminary interviews with five middle adolescents in Yogyakarta revealed that pressure from overprotective parenting affected their physiological, cognitive, emotional, and behavioral responses, including sadness, anger, and self-harming actions.

Based on the above, this study aims to explore the relationship between adolescents' perceptions of overprotective parenting and stress among middle adolescents in Yogyakarta. This study is significant as few prior studies have examined these variables specifically in the Yogyakarta context. The title of this study is: "The Relationship Between Adolescents' Perception of Overprotective Parenting and Stress Among Middle Adolescents in Yogyakarta."

2. METHODE

This study employed a quantitative correlational design aimed at examining the relationship between adolescents' perception of overprotective parenting and stress levels among middle adolescents in Yogyakarta. According to Azwar (2016), correlational research allows researchers to analyze the degree of association between variables without manipulating the variables themselves. The study population consisted of adolescents aged 15–18 years residing in Yogyakarta who still have living parents. Purposive sampling was used to select participants with specific characteristics: adolescents who have living parents, aged 15–18 years, and residing in Yogyakarta. Data were collected using psychometric instruments based on a Likert scale, which had been tested for validity and reliability in a pilot study involving

90 respondents with similar characteristics. The overprotective parenting perception scale was developed based on Baumrind's theory (2017) with four main aspects, while the stress scale was based on Sarafino & Smith (2014), covering physiological and psychological aspects (cognitive, emotional, and behavioral). Content validity of the scales was assessed using Aiken's V (>0.5), and reliability was tested using Cronbach's Alpha (≥0.70), confirming the instruments as reliable for both variables.

The collected data were processed through several steps, including editing, coding, calculation, and tabulation, followed by statistical analysis using SPSS version 22 for Windows. Data analysis included normality testing (Kolmogorov-Smirnov), linearity testing, determination coefficient (R^2) testing, and Pearson Product Moment correlation to examine relationships between variables. Score categorization was based on the theoretical mean and population standard deviation, allowing respondents to be classified from very low to very high. All research procedures adhered to ethical standards, including informed consent, privacy protection, transparency, and consideration of benefits and risks to participants (Notoatmodjo, 2012). This methodology provides a rigorous framework to accurately investigate the relationship between perceptions of overprotective parenting and stress in middle adolescents in Yogyakarta.

3. RESULT AND DISCUSSION

a. Result

1) Subject Grouping Based on Gender

Table 1. Distribution of Respondents by Gender

Gender	Frequency	Percentage (%)
Male	64	50
Female	64	50

The respondents were equally distributed by gender, with 64 males (50%) and 64 females (50%). This balanced gender distribution ensures that the study findings are not biased toward one gender.

2) Subject Grouping Based on School of Origin

Table 2. Distribution of Respondents by School

School	Frequency	Percentage (%)
MAN 1 Bantul	49	38.28
MAN 1 Sleman	50	39.06
SMAN 1 Godean	2	1.4

SMA Muhammadiyah 5 Yogyakarta	2	1.4
SMK Negeri 1 Godean	6	4.3
SMPIT Ibnu Abbas	1	1.1

Most respondents came from MAN 1 Sleman (39.06%) and MAN 1 Bantul (38.28%), indicating that the sample primarily represents students from these two schools. Other schools contributed smaller numbers, ranging from 1.1% to 14.1%.

3) Subject Grouping Based on Age

Table 3. Distribution of Respondents by Age

Age	Frequency	Percentage (%)
15 years	24	18.75
16 years	38	29.69
17 years	36	28.13
18 years	30	23.43

The largest age group among respondents was 16 years old (29.69%), followed by 17 years old (28.13%). This shows that the study sample predominantly consists of mid-adolescents, which aligns with the research focus on middle adolescent students.

4) Overprotective Parenting Perception Among Adolescents in Yogyakarta

Table 4. Distribution of Overprotective Parenting Perception Levels

Perception Level	Frequency	Percentage (%)
Very High	0	0
High	8	6.3
Moderate	99	77.3
Low	21	16.5
Very Low	0	0

Most adolescents (77.3%) perceived overprotective parenting at a moderate level, while 6.3% reported high perception and 16.5% reported low perception. No respondents perceived parenting as very high or very low. This indicates that overprotective parenting is generally perceived at a moderate level among middle adolescents in Yogyakarta.

5) Perception by Male Adolescents

Table 5. Male Adolescents

Perception Level	Frequency	Percentage (%)
Very High	0	0
High	6	9.4
Moderate	45	70.3
Low	13	20.3
Very Low	0	0

Among male adolescents, most (70.3%) reported a moderate perception of overprotective parenting. 9.4% reported high perception, and 20.3% reported low perception. No male respondents reported very high or very low perception levels.

6) Perception by Female Adolescents

Table 6. Female Adolescents

Perception Level	Frequency	Percentage (%)
Very High	0	0
High	2	3.1
Moderate	54	84.4
Low	8	12.5
Very Low	0	0

Among female adolescents, 84.4% reported a moderate perception of overprotective parenting. Only 3.1% reported high perception, and 12.5% reported low perception. This suggests that female adolescents are more likely to perceive parenting as moderate compared to male adolescents.

7) Stress Among Adolescents in Yogyakarta

Table 7. Distribution of Stress Levels

Level	Frequency	Percentage (%)
Very High	0	0
High	12	9.4
Moderate	91	71.1
Low	24	18.8
Very Low	1	0.8

Most adolescents (71.1%) experienced moderate stress, followed by low stress (18.8%) and high stress (9.4%). Only one respondent experienced very low stress. This indicates that moderate stress is predominant among middle adolescents in Yogyakarta.

8) Stress Levels by Male Adolescents

Table 8. Male Adolescents

Level	Frequency	Percentage (%)
Very High	0	0
High	3	4.7
Moderate	43	67.2
Low	17	26.6
Very Low	1	1.6

Among male adolescents, the majority (67.2%) reported moderate stress, while 26.6% experienced low stress and 4.7% experienced high stress. One male respondent reported very low stress.

9) Stress Levels by Female Adolescents

Table 9. Female Adolescents

Level	Frequency	Percentage (%)
Very High	0	0
High	9	14.1
Moderate	48	75.0
Low	7	10.9
Very Low	0	0
Total	64	100

Among female adolescents, most (75%) experienced moderate stress, 14.1% reported high stress, and 10.9% reported low stress. No female respondents experienced very high or very low stress levels.

10) Hypothesis Testing

Hypothesis testing was conducted using the Pearson Product Moment correlation to examine the relationship between overprotective parenting perception and stress levels.

Table 10. Interpretation of Correlation Coefficient

Correlation Interval	Relationship Strength
0.00 – 0.199	Very Weak
0.20 – 0.399	Weak
0.40 – 0.599	Moderate
0.60 – 0.799	Strong
0.80 – 1.000	Very Strong

Table 11. Pearson Correlation Results

Variable	Pearson Correlation	Sig. (2-tailed)	N
Stress	1	-	128
Overprotective Parenting Perception	0.249**	0.005	128

The correlation coefficient (r = 0.249) indicates a weak positive relationship between overprotective parenting perception and stress among middle adolescents. This relationship is statistically significant (p = 0.005), suggesting that higher levels of perceived overprotective parenting are slightly associated with higher stress levels.

b. Discussion

Middle adolescence is a transitional period in human life that bridges childhood and adulthood (Santrock, 2012). Adolescents at this stage generally show developmental characteristics such as a need for peer companionship and a tendency toward narcissism, manifested as self-love and preference for friends with similar traits. During this period,

adolescents often experience rapid emotional changes, commonly referred to as stress (Ansori & Ali, 2016).

Based on the characteristics of the research subjects, this study involved 128 respondents, consisting of 64 males and 64 females. Gender is considered a factor influencing stress. According to Purnomo (2014), females tend to have negative vigilance toward problems and stress. In females, problems can trigger negative hormonal responses, leading to stress, anxiety, and fear. In contrast, males often enjoy challenges and may perceive problems as motivating factors.

Regarding stress levels, middle adolescents in Yogyakarta predominantly experienced moderate stress. Moderate stress lasts from several hours to days and is characterized by symptoms such as abdominal pain, muscle spasms, tension, sleep disturbances, and a feeling of restlessness. Adolescents can alleviate stress through regular breathing exercises, which help them feel more comfortable and calm (Priyoto, 2019).

The data showed that among all respondents, 0 adolescents experienced very high stress (0%), 12 adolescents experienced high stress (9.4%), 91 experienced moderate stress (71.1%), 24 experienced low stress (18.8%), and 1 experienced very low stress (0.8%). Among male adolescents, 0 reported very high stress (0%), 3 reported high stress (4.7%), 43 reported moderate stress (67.2%), 17 reported low stress (26.6%), and 1 reported very low stress (1.6%). Among female adolescents, 0 reported very high stress (0%), 9 reported high stress (14.1%), 48 reported moderate stress (75.0%), 7 reported low stress (10.9%), and 0 reported very low stress (0%). These findings align with Lusia and Susy Purnawati (2015), who reported that females tend to experience higher stress levels than males.

Concerning overprotective parenting perception, gender differences contributed to variations in perception. Overall, 0 subjects reported very high perception, 8 high, 99 moderate, 21 low, and 0 very low. Among male adolescents, 0 reported very high perception (0%), 6 high (9.4%), 45 moderate (70.3%), 13 low (20.3%), and 0 very low (0%). Among female adolescents, 0 reported very high perception (0%), 2 high (3.1%), 54 moderate (80.4%), 8 low (12.5%), and 0 very low (0%).

These differences reflect variations in parenting styles, which can result in minor differences in perceptions between males and females. According to Fakih (2016), females are generally gentle, emotional, and nurturing. Although females are gentle, they sometimes dislike restrictions. Males, on the other hand, are considered strong, rational, and brave. Based on the data, parenting practices for males and females do not differ significantly.

The study aimed to examine the relationship between overprotective parenting perception and stress among middle adolescents in Yogyakarta. The hypothesis testing showed a positive correlation of 0.249**, which was not statistically significant at the 0.000 level. This indicates a weak relationship between overprotective parenting perception and stress. The determination coefficient (R^2) was 0.062 or 6.2%, indicating that overprotective parenting perception influenced only 6.2% of stress, while 93.8% was explained by unexamined factors such as life events, social support, individual behavior, personal resources, physical and psychological health, and personality type.

The findings are supported by Khamidatul (2017), who reported that high stress among adolescents is caused by school workload and social/environmental factors. Interviews with participants confirmed these findings. For instance, participant HI (female, 18) reported stress from both family and school tasks. Participant F (female, 17) indicated stress stemming from school and residential environment. Participant IA (female, 17) mentioned education as a stressor, while LJNM (female, 16) highlighted stress from school and negative thinking. Male participants MN (17), AP (17), AJS (16), and A (15) identified stress sources including school demands, peer relationships, economic issues, and pressure to achieve high academic performance.

Determinant analysis (R^2) was also performed by gender. For males, $R^2 = 0.066$ (6.6%), indicating overprotective parenting perception contributed 6.6% to stress. Among male adolescents, the highest independent variable aspect was worry about children's failure (37.5%), while stress manifested most in cognitive aspects (29.72%). For females, $R^2 = 0.071$ (7.1%), showing that overprotective parenting perception contributed 7.1% to stress. Among females, the highest aspect of overprotective parenting perception was also worry about children's failure (36.96%), while stress was highest in cognitive aspects (29.13%). These results suggest that overprotective parenting perception has a slightly stronger influence on stress among female adolescents compared to males.

4. CONCLUSION

Based on the discussion above, it can be concluded that the perception of overprotective parenting among early adolescents in Yogyakarta is mostly in the moderate category. Among 128 respondents, 0 adolescents had a very high perception (0%), 8 had a high perception (6.3%), 99 had a moderate perception (77.3%), 21 had a low perception (16.5%), and 0 had a very low perception (0%). Similarly, the level of stress among early adolescents was mostly moderate, with 0 adolescents experiencing very high stress (0%), 12 experiencing high stress (9.4%), 91 experiencing moderate stress (71.1%), 24 experiencing low stress (18.8%), and 1

experiencing very low stress (0.8%). Correlation analysis showed a significant positive relationship between the perception of overprotective parenting and stress, although the correlation coefficient was weak at 0.249**, with the effective contribution of overprotective parenting perception to stress being 6.2%, while the remaining 93.8% was influenced by other factors not examined in this study. Further analysis revealed differences in the contribution of overprotective parenting perception to stress based on gender, with male adolescents showing a contribution of 6.6%, with the highest level in the "worry about failure" aspect at 37.5% and stress highest in the cognitive aspect at 29.72%, while female adolescents showed a contribution of 7.1%, with "worry about failure" at 36.96% and stress highest in the cognitive aspect at 29.13%. Therefore, it can be concluded that the influence of overprotective parenting perception on stress is greater in female adolescents compared to male adolescents.

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