

DIAGNOSTIC PARENTING STYLE (IDEPS) INSTRUMENT TO IMPROVE SELF-ESTEEM IN THE YOUNGER GENERATION

Maulida Rahma Susanti¹, Dita Nurul Istiqomah², Siti Nihar Salsabilah³, Taufan Jannata⁴

^{1,2,3} Early Childhood Islamic Education, Faculty of Tarbiyah and Teacher Training, Universitas Sains Al-Qur'an, Indonesia

⁴ Elementary Madrasah Teacher Education, Faculty of Tarbiyah and Teacher Training, Universitas Sains Al-Qur'an, Indonesia

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ABSTRACT

Currently, many young generations have mental problems caused by low self-esteem. Many factors can influence high and low self-esteem, including parenting patterns. However, the problem that occurs is that many parents do not know the parenting patterns they apply. This study aims to develop a Diagnostic Parenting Style Instrument (IDePS) that can diagnose the type of parenting pattern applied by parents, so that parents can know the type of parenting pattern they use and how it impacts their children's self-esteem. This study uses the Research and Development (R&D) method. The suitability of the measurement model as well as the validity test of the Diagnostic Parenting Style Instrument construct was analyzed using Confirmatory Factor Analysis (CFA). The results showed that the instrument developed used the IP Scale, which consisted of 30 questions. The instrument consists of two dimensions of parenting patterns, namely the responsive dimension and the demanding dimension. The Diagnostic Parenting Style Instrument (IDePS) has characteristics as an instrument that meets the requirements for use. This is indicated by the results of statistical testing using CFA, where the instrument has good model suitability. Overall, the Diagnostic Prescribing Style (IDePS) Instrument has good reliability with loading factors of 0.42, 0.32, 0.36, 0.48, 0.44, 0.33, 0.3, 0.34, 0.38, 0.35, 0.38, 0.31, 0.4, 0.3, 0.37, 0.38, 0.42, 0.45, 0.41, 0.38, 0.3, 0.52, 0.3, 0.34, 0.47, 0.56, 0.35. Diagnostic Instruments Parenting Style (IDePS) is also effective in diagnosing the type of parenting style applied by parents. Through this instrument, parents can evaluate the type of parenting style they apply to improve self-esteem in the younger generation in the future.

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Corresponding Author:

Maulida Rahma Susanti

Early Childhood Islamic Education, Faculty of Tarbiyah and Teacher Training, Universitas Sains Al-Qur'an

maulidarahma1605@gmail.com

1. INTRODUCTION

Today's young generation has a fragile mentality, is unable to find and optimize their potential, easily thinks negatively, and many experience mental problems. This problem arises because of the low self-esteem of the young generation which can affect their mental condition. Self-esteem can be interpreted as a person's ability to view and assess themselves. Self-esteem is also related to self-confidence, belief in one's own abilities, and how a person is able to value themselves (Yeni, 2017). A positive assessment of oneself will affect a person's actions in

everyday life. Therefore, a person needs to have high self-esteem in order to think and act better in their life. Research conducted by Betancourt (2024) states that " self-esteem in children is lower than in adolescents ". Self-esteem greatly influences a person's behavior and personality, because with good self-esteem a person will be more confident and able to recognize their potential.

The high and low self-esteem of today's young generation is influenced by several factors. Based on the results of the study (Afida Vona, 2020; and Ambariani 2023), one of the main factors that influences the formation of a person's self-esteem is the parenting style applied by their parents. The right parenting style from parents will form high self-esteem in children, conversely, inappropriate parenting styles will make children's self-esteem low. The influence of parenting styles on low self-esteem includes children being embarrassed to interact, always prioritizing themselves, feeling less free because they are always supervised by their parents, for example being dropped off at school, scolding children if their grades drop and there are strict rules in the house (Putri, 2019). Based on the results of the study (Villarejo, 2020; Gimenez, 2021; Palacios, 2022) it states " Parenting styles will influence children until they grow up. The indulgent style was associated with equal or even better scores in personal and social adjustment than the authoritative style, whereas lower scores were associated with the authoritarian style ". Research (Yuhan, 2020; Dan Gao, 2021; Nazifi, 2023) also states that " Authoritarian fathers and the use of psychological control by fathers are associated with lower self-esteem in boys and girls, as well as lower academic achievement in girls. Meanwhile, children's self-esteem predicts mothers' authoritative parenting patterns ". This will have a negative impact on child development due to inappropriate parenting patterns, both consciously and unconsciously.

According to Baumrind's theory (1967), there are four types of parenting styles, namely authoritative, authoritarian, permissive-indulgent, and uninvolved-neglectful. Authoritarian parenting will lower self-esteem and increase depression in adolescents, the more authoritarian the parenting style applied by parents, the higher the risk of depression (Maya, 2018; Jannah, 2022). The results of a study conducted by Salamah (2024) stated that around 56.4% of elementary school-aged children in Wonosobo Regency have several mental health disorders. This is characterized by behavior shown by children including anxiety, depression, fear, high stress levels and poor social behavior. Seeing this, it is very important to develop an instrument or measuring tool that can be used to diagnose the type of parenting style for parents who have young children, therefore researchers developed the Diagnostic Parenting Style Instrument (IDePS). The development of this instrument was carried out because previously there was no instrument used to diagnose the type of parenting style of parents related to children's self-esteem.

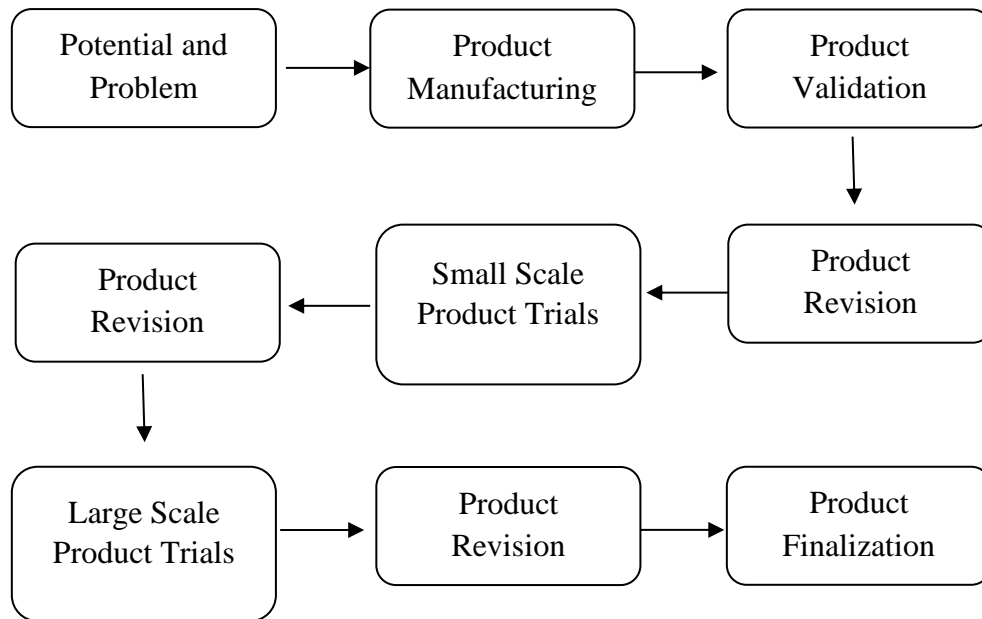
Based on this, the Wonosobo Regency Education Office became a research partner in the process of socializing and implementing the Diagnostic Parenting Instrument. Style to parents who have young children so that later in Wonosobo Regency the younger generation will have high self-esteem. The Wonosobo Regency Education Office is located at Jalan Letjend. S. Parman No. 8 B Wonosobo, Wonosobo Regency, Central Java Province. Through cooperation in implementing the Instrument Diagnostic Parenting Style, more parents will understand the magnitude of the influence of parenting patterns on children's self-esteem. By improving parenting patterns according to the recommendations of the Instrument Diagnostic Parenting Style, parents will be able to apply parenting patterns that can increase children's self-esteem. If every child has high

self-esteem, then the younger generation will have high self-esteem which will have a positive effect on the child.

2. METHODS

a. R&D

This research uses the Research and Development (R&D) method with the following research flow:



1) Potential and Problem Analysis

Researchers found that many parents do not understand the variety of parenting styles and their impact on children's self-esteem. Based on this, researchers developed an instrument so that parents know their parenting styles as material for evaluation and reflection. Partners play a role in facilitating researchers with schools that are used as research samples.

2) Product Manufacturing

Researchers took several steps in making the product. Among them are making a matrix, making an instrument grid, making an instrument, and making assessment characteristics. The product in this study was an instrument consisting of 30 items using Google Form, to determine the type of parenting style applied by parents. According to Baumrind's theory (1967) there are four types of parenting styles, namely authoritative, authoritarian, permissive-indulgent, and uninvolved-neglectful.

3) Product Validation

After the instrument was completed, validation was carried out by an instrument expert, namely Hari Purnomo Susanto, M. Pd. and a psychology expert, namely Prof. Dr. Siti Irene Astuti Dwiningrum, M. Si.

4) Product Revision

After the design was validated by experts, the instrument was revised based on suggestions and input from instrument experts, namely Hari Purnomo Susanto, M. Pd. and psychology experts, namely Prof. Dr. Siti Irene Astuti Dwiningrum, M. Si.

5) Small Scale Product Trial

Small-scale product trials were conducted at RA Masyitoh Singkir and Pos PAUD Melati Wonoroto. Respondents for this small-scale trial were 114 parents. person.

6) Product Revision

small - scale trial, the data were then analyzed using CFA (Confirmatory Factor Analysis). Instrument revisions were made based on the results of the CFA (Confirmatory Factor Analysis) analysis.

7) Large Scale Product Trial r

After the product revision was carried out, a large-scale trial was then conducted. The large-scale product trial was conducted at Pertiwi Wonoroto Kindergarten, Almadani Kindergarten, RA Baitul Muttaqin, PAUDQU Haji Abdurrahman, PAUD Harapan Bunda Sejati, Pertiwi Pamarditama Kindergarten, and Pertiwi Purnama Kindergarten. Respondents of the large-scale trial were 485 parents.

8) Product Revision

After conducting a large-scale trial, the data were then analyzed using CFA (Confirmatory Factor Analysis). Instrument revisions were made based on the results of the CFA (Confirmatory Factor Analysis) analysis.

9) Product Finalization

The final stage is the finalization of the Diagnostic Parenting Style Instrument product and the creation of a partner guidebook.

b. Respondents

The respondents of this study were parents who have children aged 3-6 years with a total of 485 people. Sampling was done using random sampling techniques. Partners play a role in facilitating researchers with schools to ask parents of students to become research respondents.

c. CFA (Confirmatory Factor Analysis)

The validity test of the Diagnostic Parenting Style Instrument construct used CFA (Confirmatory Factor Analysis) assisted by the R program. According to Hair et al., (2010) factor loading in the range of ± 0.30 to ± 0.40 is considered to meet significant requirements by determining the sample loading that meets the criteria.

Table 1. Guidelines for Identifying Factor Loadings Based on Sample Size

Factor Loading	Sample Size
0.30	350
0.35	250
0.40	200
0.45	150
0.50	120
0.55	100
0.60	85
0.65	70
0.70	60
0.75	50

Source: Hair et al., (2010)

Based on Hair et al., (2010) the value of each factor loading along with the required sample can be seen in Table 1 with a minimum sample of 50 to 350. Factor loading with a value of ± 0.30 can be done significantly with a sample size of 350 or more. So that researchers can use a sample size of 350 to use a factor loading of 0.30. With the results of the study, the number of samples was 485 so that in the validity test of the factor loading construct used ≥ 0.3

3. RESULTS AND DISCUSSION

This study produced a product in the form of a Diagnostic Parenting Style Instrument (IDePS) using an IP scale with four answer choices. The Diagnostic Parenting Style Instrument (IDePS) grid consists of two dimensions of parenting patterns, namely the Responsive dimension and the Demanding dimension. The Responsive dimension was then developed into 15 questions, then the Demanding dimension was also developed into 15 questions. The draft instrument was then validated by experts and there were several questions that were revised. The instrument that had been revised and had received the approval of the validator was then tested in the field. A small-scale instrument trial was conducted at RA Masyitoh Singkir and Pos PAUD Melati Wonoroto with 114 respondents. After the small-scale product trial was conducted, improvements were made to the instrument using CFA (Confirmatory Factor Analysis) analysis. Large-scale product trials were conducted at TK Pertiwi Wonoroto, TK Almadani, RA Baitul Muttaqin, PAUDQU Haji Abdurrahman, PAUD Harapan Bunda Sejati, TK Pertiwi Pamarditama, TK Pertiwi Purnama. The respondents of the large-scale trial were 485 parents. The results of the trial were then analyzed using CFA (Confirmatory Factor Analysis).

Results of the Analysis of Construct Validity and Reliability of the Diagnostic Parenting Style Instrument (IDePS)

The suitability test of the measurement model as well as the validity and reliability test, was carried out using CFA (Confirmatory Factor Analysis). The researcher used CFA to determine whether the measurement model in this study was fit or correct based on data obtained from the field. The analysis at this stage used Second Order CFA. The researcher tested the model that had been developed with a total of 30 questions. The computational results produced a path

diagram as in Figure 1. So it can be said that the developed model is good. Furthermore, it can be seen in Table 2 where all the fit criteria. These results indicate that this model is classified as having good goodness of fit.

Table 2. Statistics and Fit Model Criteria for Responsive and Demanding Dimensions

Item	Loading Factor	Decision
y1	0.42	Fit
y2	0.32	Fit
y3	0.36	Fit
y4	0.48	Fit
y5	0.44	Fit
y6	0.33	Fit
y7	0.3	Fit
y8	0.34	Fit
y9	0.38	Fit
y10	0.35	Fit
y11	0.38	Fit
y12	0.31	Fit
y13	0.4	Fit
y14	0.3	Fit
y15	0.37	Fit
y16	0.38	Fit
y17	0.42	Fit
y18	0.45	Fit
y19	0.41	Fit
y20	0.38	Fit
y21	0.3	Fit
y22	0.52	Fit
y23	0.3	Fit
y24	0.34	Fit
y25	0.47	Fit
y26	0.56	Fit
y27	0.35	Fit
y28	0.43	Fit
y29	0.38	Fit

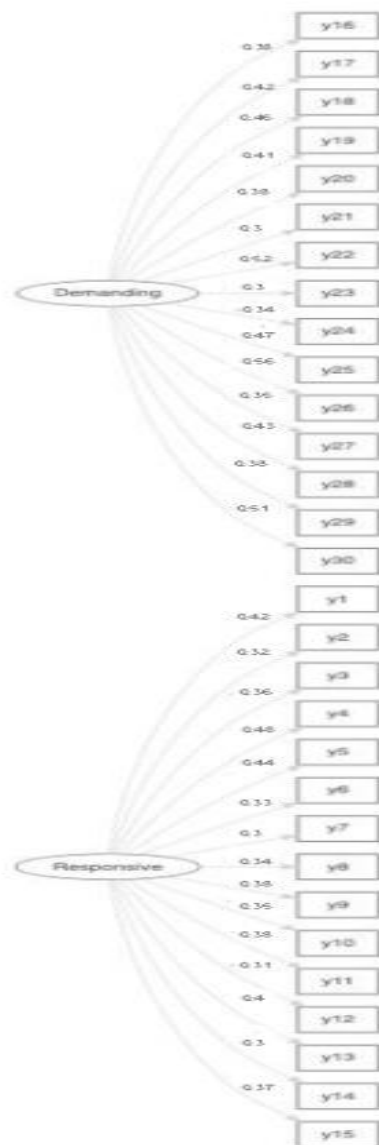


Figure 1. CFA Results of the Diagnostic Parenting Style Instrument

Based on the CFA results, the construct reliability coefficient produced was 0.93778. This result shows adequate reliability calculations so that researchers do not need to make changes to the instruments that have been created. After several stages of trials and revisions, the final product of this study is an assessment instrument to diagnose the type of parenting style applied by parents. The resulting instrument is called the Diagnostic Parenting Style Instrument (IDePS).

4. CONCLUSION

The Diagnostic Parenting Style (IDePS) instrument is a measuring instrument used to diagnose parenting patterns applied by parents. This instrument uses an IP scale consisting of 30 questions with an IP scale. The instrument consists of two dimensions of parenting patterns, namely the Responsive dimension and the Demanding dimension. The resulting Diagnostic Parenting Style instrument has characteristics as an instrument that meets the requirements for diagnosing the type of parenting pattern applied by parents. This is indicated by the results of

statistical testing using CFA (Confirmatory Factor Analysis), where the instrument has obtained empirical evidence and has good model suitability. The use of this instrument can make parents aware of the type of parenting pattern they apply to further evaluate in order to improve the parenting pattern applied, so that it can increase the self-esteem of the younger generation in the future.

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