

The Effect of Parenting on Self-Criticism in Adolescents: A Linear Regression Analysis on High School Students

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Abstrack

Self-criticism is the tendency to judge oneself harshly and negatively, and it commonly appears during adolescence, a key stage in identity development. High levels of self-criticism are linked to mental health issues such as depression, anxiety, self-harm, and suicidal ideation. This study explores how parenting styles influence self-criticism in adolescents. Two hundred sixty-one adolescents aged 15–18 were selected through simple random sampling, with a sample size of 78% female. The study used a parenting style scale (based on Baumrind's model, adapted by Sianturi et al., 2023) and the Forms of Self-Criticism/Self-Reassuring Scale (FSCRS). Linear regression analysis showed that all four parenting styles, authoritative, authoritarian, permissive, and neglectful, significantly affected self-criticism ($p < 0.001$). Regression analyses showed authoritarian parenting had the most potent positive effect ($\beta = 0.876$, $p < 0.001$), while authoritative had an adverse impact ($\beta = -0.427$, $p < 0.001$). These findings highlight the importance of parenting in shaping adolescents' self-evaluation. Future research should consider broader demographics and mediating factors like emotional regulation and social support.

Keywords: parenting style, self-criticism, adolescents

Abstrak

Kritik diri adalah kecenderungan untuk menilai diri sendiri secara kasar dan negatif, dan biasanya muncul selama masa remaja, sebuah tahap kunci dalam perkembangan identitas. Tingginya tingkat kritik diri berkaitan dengan masalah kesehatan mental seperti depresi, kecemasan, melukai diri sendiri, dan keinginan untuk bunuh diri. Penelitian ini mengeksplorasi bagaimana gaya pengasuhan orang tua memengaruhi kritik diri pada remaja. Sebanyak 261 remaja berusia 15-18 tahun dipilih melalui pengambilan sampel acak sederhana, dengan jumlah sampel 78% perempuan. Penelitian ini menggunakan skala gaya pengasuhan (berdasarkan model Baumrind, yang diadaptasi oleh Sianturi et al., 2023) dan Forms of Self-Criticism/Self-Reassuring Scale (FSCRS). Analisis regresi linier menunjukkan bahwa keempat gaya pengasuhan - otoritatif, otoriter, permisif, dan penelantar - secara signifikan memengaruhi kritik diri ($p < 0,001$). Analisis regresi menunjukkan pola asuh otoriter memiliki efek positif yang paling kuat ($\beta = 0.876$, $p < 0.001$), sementara pola asuh otoritatif memiliki efek negatif ($\beta = -0.427$, $p < 0.001$). Temuan ini menyoroti pentingnya pengasuhan orang tua dalam membentuk evaluasi diri remaja. Penelitian di masa depan harus mempertimbangkan demografi yang lebih luas dan faktor mediasi seperti regulasi emosi dan dukungan sosial.

Keywords: pola asuh orang tua, self criticism, remaja

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INTRODUCTION

Parenting is an interaction process involving guidance, supervision, protection, and education provided to children to support optimal growth and development by social values and norms (Asri, 2018). The right parenting style plays a vital role in shaping a child's personality, including self-concept, which is the basis for identity formation in adolescence. On the other hand, ineffective parenting can hinder children's psychological development, form negative self-concepts, and trigger various psychosocial problems.

Adolescence is a transition period from childhood to adulthood characterized by various physical, cognitive, and emotional changes (Laura, 2012). At this stage, individuals search for their identity and experience increased self-awareness. Adolescence is one of the complex and dynamic stages of development. In this phase, adolescents form self-identity, evaluate personal values, and develop self-reflection skills. However, amid this developmental process, not a few adolescents show a tendency to over-criticize themselves (*self-criticism*), which can hurt their mental health. *High self-criticism* has been associated with various psychological problems, such as anxiety, depression, feelings of worthlessness, and other affective disorders (Gilbert et al., 2011).. When a healthy family environment does not support this process, adolescents risk experiencing internal conflicts, including a tendency to over-criticize, also known as self-criticism.

Self-criticism is defined as a harsh and harmful form of self-evaluation, which usually arises when individuals face failures or mistakes (Paula et al., 2013). Studies show that self-criticism has a significant relationship with psychological disorders such as depression, anxiety, self-harming behavior, and even suicidal ideation (Kotera & Maughan, 2020). Another study found that authoritarian and neglectful parenting styles were consistently associated with lower self-esteem outcomes in adolescents across different cultures. In contrast, indulgent and authoritative parenting styles are associated with higher self-esteem. This suggests that a harsh and demanding parenting approach can weaken a child's self-esteem (Martinez et al., 2020).

Parental parenting is a critical factor that affects the formation of self-criticism in adolescents. Parenting reflects how parents interact, educate, and respond to a child's behavior. Parenting theory Vasiou et al (2023) classifies parenting into several main categories: authoritative, authoritarian, permissive, and neglectful. Each parenting style has its characteristics that can impact children's emotional and psychological development differently. Parents who practice authoritative parenting tend to create a warm, open, yet assertive atmosphere, which can foster confidence and healthy emotional regulation in children. Conversely, authoritarian, permissive, and neglectful parenting often contributes to the formation of negative self-perception, which can trigger increased self-criticism. This phenomenon is essential to research, especially in the context of adolescents in the high school environment, who are in the transition phase and the search for identity.

Data from the Komisi Perlindungan Anak Indonesia (KPAI) shows that in 2023, there will be 17 cases of child suicide, with an age range of 10–18 years. Non-adaptive parenting patterns at home are one of the main factors causing mental health disorders in children and adolescents. The type of attachment formed due to parenting also contributes to adolescents' vulnerability to self-criticism and depressive symptoms (Zulaikha & Febriyana, 2018). In addition, data from the 2023 Indonesian Health Survey (SKI) shows that around 5.5% of adolescents aged 10–17 years have mental disorders, with details of 1% experiencing depression, 3.7% experiencing anxiety, 0.9% experiencing post-



traumatic stress disorder (PTSD), and 0.5% experiencing attention deficit hyperactivity disorder (ADHD). This figure shows the urgency of handling mental health issues among Indonesian adolescents, one of which is related to parenting.

In the context of collectivist cultures, such as in Indonesia and other Asian countries, social pressure to meet parental expectations, maintain family harmony, and avoid shame is often an additional burden for adolescents. Collectivist cultures tend to emphasize social alignment over individual self-expression, which can reinforce the tendency to self-criticism when adolescents feel they are failing to meet social expectations. Cross-cultural studies show that self-criticism has a more significant psychological impact in collectivist societies because individuals are more prone to experiencing guilt, shame, and loss of self-esteem due to judgments from others (Heine, et al, 2000).

Some previous studies have shown a significant relationship between parental parenting and children's mental development. Research has Alma et al (2021) found the influence of parenting on adolescent cognitive development, Hendri (2019) emphasizing that positive parenting can form a healthy self-concept in children. However, most previous research has focused on the general context, not specifically exploring the dynamics of adolescent self-criticism in Indonesia's collectivist culture and family environment.

This study fills the gap by focusing on Indonesian adolescents, where authoritarian parenting is still quite dominant, applied by parents (Yusuf et al., 2020).. Therefore, this study aims to analyze the influence of parenting styles and the level of self-criticism in adolescents. This study is focused on students of SMA Negeri X in Subang Regency, to fill the research gap in the region. The results of this study are expected to be the basis for designing interventions that support positive parenting patterns and adolescent mental health.

METHOD

This study uses a quantitative approach with a causal design, aiming to analyze the influence of parental parenting on the level of self-criticism in adolescents. The research was conducted at SMA Negeri X in Subang Regency, with a sample of 261 students selected using the proportionate stratified random sampling technique out of a total sample of 765. Data were collected through a questionnaire based on the Likert scale, which measures two main variables: parental parenting and self-criticism in adolescents. The measuring tools used in this study are instruments compiled by Febriyanti Sianturi (2023) for parenting, and the FSCRS (The Forms of Self-criticism/Self-Reassuring Scale) from Gilbert (2004) for self-criticism. The parenting measurement tool consists of two dimensions, namely responsiveness and demandingness. FSCRS is a self-report questionnaire comprising 22 items that assesses respondents' thoughts and feelings about themselves regarding failures or mistakes made. This scale consists of three dimensions: Inadequate self, Reassured self, and Hated self. Both measuring instruments use a Likert scale with four alternative answer choices, namely Very Appropriate (SS), Appropriate (S), Not Appropriate (TS), and Very Not Appropriate (STS).

The FSCRS measuring instrument was retested, starting with a translation-back test, readability test, and trial on 60 high school students at the same school who were not included in the research sample, were not diagnosed with mental disorders, and were willing to become participants for testing the measuring instrument, obtained the results of the reliability of the self-criticism measuring instrument 0.953, and the parenting



measuring tool of 0.958, which also indicates high reliability. The validity test results showed that most of the items in the parenting and self-criticism instruments had a valid loading factor, which was between 0.533 and 0.834.

This study uses descriptive analysis techniques, hypothesis tests, and simple regression analysis to see the extent of each type of parenting's influence influences self-criticism. The parenting variables are divided into two categorizations, high and low, which further determine the type of parenting. Self-criticism is divided into three categories: high, medium, and low.

RESULT AND DISCUSSION

The results of this study will begin by describing the characteristics of the respondents involved in the research and the demographic profiles relevant to the topic. Furthermore, the results of a statistical test were carried out to measure the relationship between parental parenting and self-criticism. The demographic data of 261 respondents in this study showed that the majority were female respondents (78.2%) and 57 were male (21.8%) respondents. The overall age range of respondents was 15 – 18 years old, with the majority being 16 years old (35.6%).

The categorization of respondent groups based on the type of parenting is shown in Table 1. Most respondents were in neglectful parenting, as many as 85 respondents (33%). Meanwhile, Table 2 shows the level of self-criticism of respondents, the majority of whom are in the medium category, which is as many as 105 respondents (40.2%).

Table 1.

Parenting Type

Parenting Type	Sum	Percentage
Authoritative	70	27%
Authoritarian	63	24%
Permisiv	43	16%
Neglectful	85	33%

Table 2.

Categorization of Self-Criticism

Category	Sum	Percentage
High	98	37.6%
Medium	105	40.2%
Low	58	22%

Table 3.

Anova Test Results for Authoritative Parenting

	Sum of Squares	df	Mean Square	F	p
AUTHORITATIF	2642	1	2642.3	50.6	<.001
Residuals	3547	68	52.2		



Table 4.
Results of Model Fit Measures of Authoritative Parenting

Model	R	R ²	Overall Model Test			
			F	df1	df2	p
1	0.653	0.427	50.6	1	68	<.001

Table 5.
Authoritarian Parenting ANOVA Test Results

	Sum of Squares	df	Mean Square	F	p
Authoritarian	1932	1	1931.80	431	<.001
Residuals	273	61	4.48		

Table 6.
Results of the Authoritarian Parenting Model

Model	R	R ²	Overall Model Test			
			F	df1	df2	p
1	0.936	0.876	431	1	61	<.001

Table 7.
Anova Test Results of Permissive Parenting

	Sum of Squares	df	Mean Square	F	p
Permisif	1439	1	1439.0	54.5	<.001
Residuals	1083	41	26.4		

Table 8.
Results of the Permissive Parenting Fit Measures Model

Model	R	R ²	Overall Model Test			
			F	df1	df2	p
1	0.755	0.570	54.5	1	41	<.001

Table 9.
Anova Test Results for Neglectful Parenting

	Sum of Squares	df	Mean Square	F	p
Neglectfull	4662	1	4662.5	327	<.001
Residuals	1183	83	14.2		

Table 10.
Results of the Neglectful Parenting Model Fit Measures

Model	R	R ²	Overall Model Test			
			F	df1	df2	p
1	0.893	0.798	327	1	83	<.001

Adolescence, especially intermediate adolescents aged 13 to 18, is a crucial period in individual development. There are various significant physical, emotional, social, and



psychological changes at this stage. These changes affect how teens view themselves and interact with their surroundings. One of the essential aspects of adolescent development is the emergence of self-critical behavior. Self-criticism is a form of negative self-judgment and self-evaluation that generally appears when individuals fail or make mistakes (Vyandri & Ambarini, 2019).

Adolescence is a time when individuals develop a clearer self-identity and become more aware of social comparisons. This is based on Erik Erikson's developmental theory of the "identity vs. role confusion" stage that arises in adolescence. According to Erikson, the Parental parenting Field is where adolescents try to discover who they are and their societal role. This process involves internal questions about identity, which are often accompanied by anxiety and uncertainty.

One factor that affects self-criticism (Altiany, 2019). . Parenting is a series of attitudes and behaviors that parents adopt to create an emotional climate in interactions with children. This pattern consists of two main dimensions, namely responsiveness and demandingness, which produce four types of parenting: authoritative, authoritarian, permissive, and neglectful (Baumrind, 1966). . Each type has different characteristics and impacts adolescent behavior.

This study analyzed the influence of parental parenting on self-criticism in SMA X by involving 261 students as subjects. Based on demographic data, most subjects were female (78.2%), and most were aged 16 and 17. The analysis showed that all types of parenting significantly affected the level of self-criticism, with a p-value of < 0.001 . This indicates that H_a is accepted, that is, there is a substantial influence between parental parenting and self-criticism in adolescents in SMA X.

Authoritative parenting is characterized by warmth, emotional support, and clear boundaries. Parents who implement this pattern usually provide space for dialogue and respect the child's opinions but remain in control of critical decision-making. The analysis showed a significant negative relationship between authoritative parenting and self-criticism ($r = -0.581$, $R^2 = 0.427$, $p < 0.001$). This suggests that the higher the intensity of authoritative parenting adolescents receive, the lower their tendency to be overly critical of themselves. Psychologically, this can be explained through attachment theory, in which a secure relationship between parent and child allows adolescents to develop healthy self-esteem and the belief that they are valuable and capable. Authoritative parenting encourages the formation of positive self-concepts, thereby minimizing the risk of self-criticism. These findings align with research Sita et al (2024), that states that authoritative parenting positively correlates with adolescent confidence and mental health.

Authoritarian parenting is characterized by high control and low warmth. Parents with this style often use an authoritarian approach, demand absolute obedience from their children, and tend to give punishment rather than explanation or discussion. The results showed a robust positive correlation between authoritarian parenting and self-criticism ($r = 0.919$, $R^2 = 0.876$, $p < 0.001$). This means that almost 88% of the variation in adolescents' levels of self-criticism can be explained by the authoritarian upbringing they receive. These findings illustrate that harsh and less warm parenting patterns contribute significantly to forming negative self-evaluations in adolescents. Those who grew up in an authoritarian environment tend to have an inner voice full of criticism because they are used to being negatively evaluated by authority figures at home. This is reinforced by research Susianti & Hutasuhut (2022), which states that authoritarian parenting styles impact the formation of negative self-concepts, including feelings of not being good enough and always being guilty.



Permissive parenting is characterized by high warmth but low supervision and restrictions. Parents with this style tend to let the child make their own decisions, even though they are not necessarily emotionally and cognitively ready. The analysis showed a significant negative correlation between permissive parenting and self-criticism ($r = -0.755$, $R^2 = 0.570$, $p < 0.001$). In other words, the more permissive the parenting pattern, the lower the adolescents' self-criticism. At first glance, these results may seem contradictory to the common assumption that permissive parenting can lead to emotional instability or a lack of self-control. However, in the context of self-criticism, freedom of expression and the absence of negative evaluation from parents can make adolescents feel safer in evaluating themselves without excessive pressure. Yusuf et al (2020) Their research stated that children nurtured permissively tend to have higher self-confidence because they are used to being supported without fear of being rebuked by their parents. However, it should be noted that this effect does not necessarily indicate that permissive parenting is always better. Healthy self-reflection skills do not necessarily accompany low self-criticism, so this pattern still has risks if it is not accompanied by sufficient direction. In permissive parenting, parents tend to give complete freedom to the child without high demands or strict control. As a result, adolescents who grow up in permissive environments feel less pressured to meet specific standards or fear negative judgments from parents. Hence, the tendency to self-criticize is lower.

Nevertheless, while permissive parenting seems to dampen evaluative pressure and reduce self-criticism, it still has implications to be aware of. Yusuf et al (2020) It is also emphasized that permissive parenting risks leading to low self-regulation skills in children due to the lack of clear boundaries and direction from parents. In the long run, this can impact weak self-discipline, emotional control, and difficulty dealing with social and academic demands.

Another study Taufiq et al (2024) also supports these findings, stating that children of permissive parents tend to have pretty good self-esteem, but are often immature and show weak self-control. Similarly, research Susie et al (1991) indicates that permissive parenting makes children feel more accepted and free. Yet, they do not learn to deal effectively with the consequences of their actions, which in some cases can lead to emotional instability. In addition, the study shows that children of permissive parents tend to lack self-control and emotion management skills, which can contribute to external behavior problems and difficulties in regulating emotions. Another study Wischerth et al (2016) shows that permissive parenting styles can affect a child's emotional development, with low emotional intelligence mediating between the permissive parenting style and the child's personal growth.

Thus, while permissive parenting may decrease *self-criticism* due to the absence of evaluative pressures, this approach is not an ideal solution in the long run. It takes a balance between emotional support and the application of healthy boundaries to form a positive self-concept without sacrificing self-regulation. In this case, democratic parenting that combines warmth, support, and a clear structure is considered more adaptive to adolescent psychological development.

Neglectful parenting is a parenting style that lacks warmth or supervision. Parents tend not to be emotionally or physically involved in children's lives, so children feel neglected and uncared for. The results showed a robust positive correlation between neglectful and self-critical parenting ($r = 0.893$, $R^2 = 0.798$, $p < 0.001$). This indicates that parenting that neglects children contribute significantly to the increase in self-criticism in adolescents. Teens who feel neglected by parents tend to internalize feelings of



unappreciation and form negative narratives against themselves, such as “I don’t matter” or “I don’t deserve to be loved.”

This indicates that the higher the level of neglectful parenting adolescents receive, the higher their tendency to criticize themselves. An R^2 value of 0.798 indicates that 79.8% of the variation in self-criticism can be explained by neglectful parenting. This reflects the enormous contribution of neglectful parenting to the development of negative self-thinking in adolescents.

Theoretically, these findings align with the view (Vasiou et al., 2023) that neglectful parenting is characterized by low parental involvement and warmth, which can hinder the emotional and social development of children. In this context, adolescents who do not receive adequate emotional support from parents tend to feel neglected and worthless, which ultimately increases vulnerability to self-criticism. Furthermore, the attachment theory from Bowlby (1969) explains that parental neglect can interfere with forming secure attachment, so children develop negative internal working models towards themselves. This is reinforced by the Compassionate Mind Theory of Gilbert et al. (2004), which states that self-criticism arises in response to stressful interpersonal experiences, especially those originating from insecure and rejectional family relationships. In addition, children from neglectful families often lack role models to manage emotions and form balanced self-evaluation.

These findings are also consistent with the results of previous research. Garnefski & Kraaij (2005) His study found that adolescents who felt less cared for by their parents showed high levels of self-blame and self-criticism. Similarly, Soenens et al (2005) his study found that parental psychological control was positively correlated with self-critical perfectionism in adolescents. This suggests that unresponsive parenting can contribute to the development of self-criticism-focused perfectionism. In the Indonesian context, Sianturi et al (2023) it was also found that neglectful parenting is associated with low self-confidence and increased inner conflict in adolescents, which is a significant component of self-criticism.

Thus, the statistical results obtained in this study are numerically meaningful and psychologically meaningful. A robust correlation between neglectful parenting and self-criticism confirms that a parenting pattern with minimal attention and parental involvement is the leading risk factor in the formation of negative self-thinking in adolescence. Therefore, intervention in parenting patterns in the family environment is essential in efforts to reduce the level of self-criticism among adolescents.

CONCLUSION

Based on the results of data analysis and discussions that have been conducted, it can be concluded that parental parenting has a significant influence on the level of self-criticism in adolescents at SMA Negeri X. Each type of parenting style shows different strengths and directions of influence on adolescents’ tendency to criticize themselves internally. Authoritative parenting shows a significant negative influence on self-criticism, which indicates that the higher the application of authoritative parenting, the lower the level of self-criticism in adolescents. In contrast, authoritarian and neglectful parenting positively influence self-criticism, which means that both patterns tend to encourage the emergence of maladaptive self-critical attitudes in adolescents. Permissive parenting shows a significant negative influence on self-criticism. However, this influence must be interpreted carefully because it can be related to other aspects of adolescent psychosocial development.



Thus, it can be concluded that the quality of the parenting relationship between parents and children plays a crucial role in forming adolescent self-evaluation. Supportive, democratic, and empathetic parenting has been shown to contribute to the development of healthy self-concept and decrease the tendency to excessive self-criticism.

This research has several limitations that need to be considered. First, the design of this study is quantitative and correlational, so it cannot be used to conclude a direct causal relationship between parental parenting and self-criticism. Second, data collection was carried out using self-report questionnaires, which were vulnerable to social desirability bias and respondents' subjectivity, especially on sensitive topics such as parenting and self-criticism. Third, the study was conducted in one regional public school, so the results may not be broadly generalized to adolescent populations in different areas or cultural backgrounds. Finally, other variables that have the potential to influence self-criticism, such as personality factors, peer relationships, or traumatic experiences, have not been controlled for in this study.

Based on the results of research that shows a significant relationship between parentally neglectful and permissive parenting, and the level of self-criticism in adolescents, several practical suggestions can be applied, including the need for educational programs for parents to increase awareness about the impact of parenting on children's mental health. Schools may work with counselors or psychologists to hold activities that support adolescent mental health, such as self-compassion training, emotion regulation, or individual counseling for students who show symptoms of high self-criticism, providing social support for adolescents through the role of teachers and peers.

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