

The impact of parenting stress among fathers on children's negative emotional behaviors

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Abstract: *This study aims to examine the impact of parenting stress experienced by fathers on children's negative emotional behavior. This cross-sectional study involved 180 fathers with children aged 4-6 years selected using a non-probability sampling method. Data were collected through questionnaires administered via Google Forms. Data validity and reliability were assessed using expert judgment and field testing. Data were analyzed using the Smart PLS (Partial Least Squares) through outer model analysis, inner model analysis, and hypothesis testing. The results showed that 56.1% of children's negative emotional behavior was influenced by parenting stress experienced by fathers. The results suggest that fathers, as heads of households, should adopt positive parenting practices and eliminate stressors while caring their children.*

Keywords: *parenting stress; fathers' caring; negative behavior; emotional; early childhood.*

Abstrak: Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh parenting stress yang dialami ayah terhadap perilaku emosional negative pada anak. Penelitian dilakukan secara cross-sectional terhadap ayah yang memiliki anak berusia 4-6 tahun yang ada di DKI Jakarta sebanyak 180 orang dengan metode non-probability sampling. Data dikumpulkan dengan menggunakan kuesioner yang disebar dengan menggunakan Google Forms. Uji validitas dan reabilitas data dilakukan dengan expert judgement dan uji lapangan. Analisis data dilakukan dengan menggunakan Smart- PLS (Partial Least Square) melalui uji outer model, inner model dan uji hipotesa. Hasil menunjukkan bahwa terdapat 56,1% perilaku emosional negatif anak dipengaruhi oleh parenting stress yang dialami oleh ayah. Dengan adanya hasil ini, ayah sebagai kepala keluarga dapat memberikan pengasuhan yang positif dan mengurangi hal-hal yang dapat menyebabkan stres pada saat melakukan pengasuhan kepada anak.

Kata kunci: stress parenting; pengasuhan ayah; perilaku negatif; emosional; anak usia dini.

INTRODUCTION

Effective stimulation and positive parenting are essential for children's emotional development (Kewa, 2022). Parental affection, understanding, and communication significantly support emotional growth, laying the groundwork for a secure future (Noviampura, 2023; Suryanti, 2020). In Indonesia, however, there is a rising trend in negative behaviors among children, such as aggression and anxiety, often stemming from daily challenges (Masher, 2019; Mukrimaa et al., 2019). If left unaddressed, these behaviors can seriously impact future development.

Cross-sectional studies indicate that positive parenting practices can help address internalizing and externalizing behaviors in children (Okorn et al., 2022). Sensitive, responsive, and affectionate support exemplifies these practices (Cooper et al., 2022). A harmonious family environment, characterized by strong religious life, quality time, mutual appreciation, and problem-solving, also influences parenting styles. Through family, children learn values, norms, self-control, and understanding of rights and obligations, which build a strong foundation for their behavior and morality (Wardan, 2020).

Fostering children's emotional understanding is essential for effectively managing negative feelings (Nurhasanah et al., 2021; Silvia & Nir, 2019). Children frequently face situations that evoke negative emotions like anger, fear, and sadness (Yuliandari & Suryana, 2022). Factors contributing to negative emotional behaviors include lack of parental attention, trauma, or social pressure (Shaliza Fahmi & Kurniawan, 2022). Children who feel neglected often display negative behaviors to gain attention from others (Masher, 2019), which can manifest as internalizing and externalizing behaviors (Zulnida, 2020).

Externalizing behaviors are observable actions like fighting, aggression, and hyperactivity (Achenbach, 2019; Kimonis et al., 2019). In contrast, internalizing behaviors are internal, often marked by sadness, anxiety, and difficulty concentrating (Smart, 2019). Contributing factors to both types of behaviors include genetics, family dynamics, parenting styles, socioeconomic status, and trauma (Edwards & Hans, 2019).

Children exhibiting externalizing behaviors often struggle with social relationships, risk criminal activity, and show poor academic performance. They may also experience long-term mental health issues like oppositional defiant disorder. In contrast, children with internalizing behaviors are at risk for anxiety and depression, affecting their social and academic functioning (Eisenberg et al., 2020). Both types of behaviors can occur simultaneously despite their differences (Stringer et al., 2019).

Parenting stress refers to negative psychological and physiological responses that arise when parents struggle to meet their children's needs while balancing their own. According to Diener and Swedia (2020), this stress occurs when parents face demands that exceed their resources. Cooper et al. (2019) highlight that such stress can lead to negative outcomes, including diminished parental warmth and harsher disciplinary methods (Haskett et al., 2019). Additionally, parenting stress involves complex interactions among the cognitive, emotional, and behavioral aspects of both parents and children (Everly & Lating, 2019). In essence, it stems from the challenges parents face in fulfilling their children's basic needs and maintaining healthy interactions.

Parenting stress among fathers involves three components: parental distress, the difficult child, and parent-child dysfunctional interactions (Reitman et al., 2020). Parental distress includes feelings of inadequacy, conflicts, and lack of support. The difficult child is marked by disobedience and high demands. Dysfunctional interactions stem from unmet expectations in the relationship (Mil, 2022). Abidin's parenting stress model (2020) identifies three domains: Parents (P), Characteristics (C), and Relationship (R).

Parenting stress is affected by various factors including parental characteristics, children's behaviors, and support from their surroundings (Mil, 2022). Key parental traits such as gender, age, education, and psychological well-being play a role (Diener & Swedin, 2020). Parents dealing with divorce, substance abuse, or depression often experience increased stress (Tedgård et al., 2020). This stress may intensify if children face developmental challenges or have

difficult temperaments (Diener & Swedia, 2020). However, social support from family and friends can help alleviate stress and enhance parents' self-efficacy (Hong & Liu, 2019; Sun & Mulvaney, 2021).

While parenting stress has been extensively studied, research on fathers' parenting stress in Indonesia is limited. Most studies emphasize maternal influences on child well-being. Few studies have explored parenting stress among fathers and its impacts on child development (Nurwandri et al., 2024). Notably, a study with 80 fathers of children aged 0-8 focused on the fathers' roles in childcare (Hidayati et al., 2020). Another found that working parents experience stress from balancing work and assisting with schoolwork (Alisma & Adri, 2021). Research in Bandung indicated that attentive parenting accounts for 22,9% of parenting stress (Harianto & Theresia, 2022). This study uniquely examined how fathers' parenting stress affects children's negative behaviors, employing a quantitative approach and SMART PLS for data analysis (Wijayanti & Fauziah, 2020). To reduce children's externalizing and internalizing behaviors, it's crucial for parents to adopt positive practices and lessen parenting stress (McLeod et al., 2019).

METHOD

This study utilized a cross-sectional quantitative approach and aimed to determine whether parenting stress influences negative emotional behaviors in children aged 4-6 years in Jakarta. The participants consisted of 180 fathers of children in this age group, residing in Jakarta, who were selected using a non-probability sampling technique.

Data were collected through questionnaires. The parenting stress variables, adapted from (Haskett et al., 2019; Mil et al., 2022; Reitman et al., 2020), included parental distress, difficult child, and parent-child

dysfunctional interactions. The variables of negative emotional behaviors, adapted from Goleman (2007), were used to measure emotions such as anger, sadness, shyness, aggression, jealousy, and fear in children. The instrument validity was assessed through expert judgment from professionals in psychology and early childhood education, while the item validity was evaluated using product-moment correlation. The reliability test was conducted using the Cronbach's alpha through the SPSS program. The validity test results showed that 29 out of 34 parenting stress items were deemed valid. Similarly, 25 out of 26 indicators of children's negative emotional behaviors were declared valid. The Cronbach's alpha values for parenting stress and children's negative emotional behaviors were 0,921 and 0,907, respectively, confirming the reliability of the instruments. The results of both validity and reliability tests showed significance values of less than 0,05. This study used questionnaires that included 29 items assessing negative emotional behaviors in children and 25 items measuring parenting stress among fathers. Negative emotional behaviors in children included anger, fear, sadness, shyness, and aggression. Parenting stress experienced by fathers was measured through three components: parental distress, difficult child, and parent-child dysfunctional interactions. The questionnaire used a Likert scale with three categories: Always (3 points), Sometimes (2 points), and Never (1 point). It was distributed via Google Forms to facilitate data collection. Data analysis, along with validity, reliability, and hypothesis testing, was conducted using SMART PLS

RESULTS AND DISCUSSION

The sample was 180 children, consisting of 105 boys and 75 girls aged 4 years (11%), 5 years (48%), and 6 years (41%). More information on the sample is presented in the table below

Table 1. Sample Characteristic

Description	Frequency	Percentage
Age		
4 years	19	11%
5 years	87	48%
6 years	74	41%
Sex		
Male	105	58%
Female	75	42%
Domicile		
East Jakarta	124	69%
Central Jakarta	21	12%
West Jakarta	11	6%
South Jakarta	9	5%
North Jakarta	15	8%
Total	180	100%

The three most common occupations among the fathers in this study were private sector employees (38%), entrepreneurs (32%),

and factory workers (11%). More details are presented in the table below.

Table 2. Fathers' Occupations

Fathers' Occupations	Frequency	Percentage
1. Private Sector Employees	68	38%
2. Entrepreneurs	58	32%
3. Teachers	5	3%
4. Factory Workers	20	11%
5. Taxi Bike Drivers	10	6%
6. Security Guards	1	1%
7. Hospital Staff	1	1%
8. Mechanics	3	2%
9. Drivers	2	1%
10. Others	12	7%
Total	180	100%

The hypothesis was tested using SMART PLS, involving both the measurement model (outer model) and the structural model (inner model). The outer model assessed the validity

and reliability of the instruments, while the inner model evaluated the hypothesis and R-Square. The outer model results are in the table below.

Table 3. Results of Validity Test

	(PS)	(PE)	(AVE)
PE 1		0,853	
PE 10		0,557	
PE 11		0,701	
PE 12		0,707	
PE 13		0,752	
PE 14		0,780	
PE 15		0,768	
PE 16		0,721	
PE 17		0,719	
PE 18		0,704	
PE 19		0,755	
PE 2		0,787	
PE 20		0,688	
PE 21		0,717	
PE 22		0,759	0,517
PE 23		0,650	
PE 24		0,691	
PE 25		0,691	
PE 26		0,747	
PE 27		0,771	
PE 28		0,703	
PE 29		0,757	
PE 3		0,830	
PE 4		0,805	
PE 5		0,782	
PE 6		0,831	
PE 7		0,804	
PE 8		0,635	
PE 9		0,789	
PS 1	0,628		
PS 10	0,694		
PS 11	0,763		
PS 12	0,769		
PS 13	0,764		
PS 14	0,674		
PS 15	0,785		
PS 16	0,733		
PS 17	0,743		
PS 18	0,777		
PS 19	0,737		0,551
PS 2	0,700		
PS 20	0,802		
PS 21	0,780		
PS 22	0,632		
PS 23	0,649		
PS 24	0,779		
PS 25	0,717		
PS 3	0,617		
PS 4	0,735		
PS 5	0,587		

PS 6	0,731
PS 7	0,675
PS 8	0,799
PS 9	0,636

The validity test results indicated that the Average Variance Extracted (AVE) values for Negative Emotional Behavior and Parenting Stress among Fathers were 0,517 and 0,551,

respectively, confirming the instrument's validity, he composite reliability values for each variable are summarized in the following table

Table 4. Results of Reliability Test

	Composite Reliability	Cronbach's Alpha	Description
Negative Emotional Behaviors	0,974	0,971	Reliable
Parenting Stress among Fathers	0,963	0,961	Reliable

The table above shows both the composite reliability and Cronbach's alpha values were 0,9, indicating satisfactory reliability. Instruments are reliable if these values exceed 0,70, so the current study's instruments were deemed reliable.

After estimating the outer model, the inner model was tested to analyze the relationship between exogenous and endogenous variables. The R² values are summarized in the table below

Table 5. Results of R² Test

	R²	Adjusted R²
Negative Emotional Behavior	0,561	0,558

The coefficient of determination (R²) indicates how much the endogenous construct is explained by exogenous constructs, with values from 0 to 1. This study found an R² value of 0,561, showing that 56,1% of the variance in children's

negative emotional behaviors is explained by parenting stress among fathers, while other unexamined factors account for the rest. The influence of predictor variables on endogenous variables is summarized in Table 5.

Table 6. Results of F² Test

	Children's Negative Emotional Behavior	Description
Parenting Stress among Fathers	1,276	Moderate

The criteria used in the F² test (Arifin et al., 2023) indicate that: 1) an F² value > 0,35 reflects a strong influence; 2) an F² value of 0,15 to 0,35 reflects a moderate influence; and 3) an F² value of 0,02 to 0,15 reflects a weak influence. In Table 5, the parenting stress variable shows an F² value of 1,276, indicating a moderate

influence. The predictive relevance (Q²) model test suggests a Q² value > 0 signifies predictive relevance (Arifin et al., 2023). The Q² values are summarized in the table below.

Table 7. Results of the Goodness-of-Fit Model Test

	Overall Model	Predictive Model
SRMR	0,086	0,086
d ULS	11,009	11,009
d G	5,998	5,998
Chi-Square	4499,360	4499,360
NFI	0,578	0,578

To meet the fit model criteria, the SMSR value should be less than 0,10 or 0,08, the Root Mean Square Theta value should be less than 0,102, and the NFI value should be less than 0,9 (Goa et al., 2020). Table 6 shows that the SMSR value was 0,086, which is less than 0,10, and the NFI value was 0,578, which is less than 0,9. These results indicate the model met the criteria.

The coefficient of determination value was 0,561, indicating that parenting stress accounted for 56,1% of the variance in children's negative emotional behaviors. This aligns with previous studies illustrating that high levels of parenting stress in fathers correlate significantly with maternal parenting stress and children's behavioral problems (Ward & Lee, 2020; Trumello et al., 2021). Stressed parents often engage in negative behaviors, such as harsh and inconsistent parenting practices (Mak et al., 2020), leading children to imitate these behaviors. Conversely, other studies suggest that parents of children with behavioral problems predict 57% of parenting stress (Solem et al., 2019), indicating a significant relationship. Parenting stress can worsen when children have developmental challenges or chronic illnesses (Diener & Swedin, 2020). Additionally, high stress levels are associated with negative child-rearing experiences, including harsh disciplinary methods and lack of parental warmth (Liu et al., 2022). This study also indicates that highly stressed parents tend to adopt authoritarian and negative practices, which children may emulate. Notably, parenting stress levels may be higher among parents raising boys, although this did not significantly samples for the Index 4 Parenting Stress. These findings support Abidin's PCR theory (Abidin, 2020).

The relationship between parenting stress, children's negative emotional behaviors, and parents' roles is inconsistent (Mackler et al., 2019). Mackler et al. tested a model examining how parenting stress impacts children's externalizing behaviors and vice versa, revealing a reciprocal effect. This aligns with prior

research in Jakarta linking aggression to children's externalizing behaviors. Additionally, a Spanish study found that higher parenting stress correlates with behavioral problems (internalizing behaviors) and negative parent-child dynamics (Ceballos et al., 2019). Behavioral issues often involve excessive emotional control, leading to sadness, depression, and anxiety. Some experts suggest that these problems can be culturally specific, as seen in China where shyness is viewed as an internalizing behavior.

Recent research indicates that stress negatively impacts paternal warmth and father-child interactions (Speer et al., 2024). Low socioeconomic status (SES) contributes to parenting stress among fathers (Solem et al., 2019). Parents with lower education, unemployment, and insufficient social support, as well as those with children in psychiatric units, are at a higher risk for experiencing parenting stress (Solem et al., 2019). The study showed that fathers' parenting stress affects children's negative emotional behaviors. It highlights the importance of parents in shaping behavior. Adopting positive practices, being supportive, and providing a warm, responsive approach can help improve children's emotional outcomes

CONCLUSION AND SUGGESTIONS

Fathering stress can greatly influence children's negative behavior. To foster positive habits and values, fathers need to offer consistent guidance and support. More research is needed to understand how fathers can positively impact their children's behavior.

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