



Psychological well-being in terms of *tiger parenting* among high school students in Yogyakarta City

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ABSTRACT

The adolescent phase is characterized by various high demands and expectations from the social environment, which significantly impact the psychological well-being of adolescents. Psychological well-being refers to an individual's capacity for psychological acceptance, which is essential for achieving life goals, values, and a sense of direction for the future. This study aims to empirically examine the effect of tiger parenting on the psychological well-being of adolescents. The methodology employed in this research utilizes a simple linear regression quantitative approach. The research scales used include the Tiger Parenting Scale and the Psychological Well-Being Scale. The sampling technique applied is incidental sampling. This research was conducted with 236 students from various high schools in the Yogyakarta City area. The data analysis technique employed in this study is simple linear regression analysis. The results of the regression analysis indicate a regression coefficient of 0.496, with a significance (p) level of 0.000 ($p < 0.05$). Therefore, the hypothesis is accepted, suggesting that tiger parenting has a highly significant effect on psychological well-being. This finding suggests that parenting style has a significant influence on psychological well-being. Parents need to adopt appropriate parenting styles to enhance the psychological well-being of their children.

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Introduction

Adolescence is often described as a period of significant change, during which many adolescents experience ambivalence regarding these transformations (Santrock, 2022). This intellectual evolution in adolescent thinking not only facilitates their integration into society but also represents a defining characteristic of all developmental stages (Ali & Asrori, 2012). Adolescents find themselves in a unique position; they are neither fully children nor yet adults. As a result, they often seek to establish independence from their parents while striving for acceptance and recognition as adults (Savage, 2011). For adolescents navigating this transitional phase, it is crucial to understand their psychological well-being. This concept encompasses their overall life satisfaction, the presence of positive emotions, and the development of academic skills, social abilities, and support systems. These factors contribute to the formation of life goals, values, and future directions (Darmayanti, 2015; Ryff & Keyes, 1995).

Research by Muslima (2015) and Ryff (1989) indicates that well-being tends to exhibit poor stability, often decreasing with age. Conversely, other studies suggest that well-being scores may either increase or remain stable over time (Jewell, 2015). Jewell (2015) concluded

that it is essential for individuals to cultivate good psychological well-being, which encompasses more than merely being free from negative mental health indicators, such as anxiety. Key components to consider include self-acceptance, positive relationships with others, the ability to make autonomous choices, environmental control, a sense of responsibility for one's purpose and meaning in life, and ongoing personal growth (Baumrind, 1991). This perspective emphasizes that psychological well-being is not a static state; rather, it can fluctuate in response to various factors. Therefore, it is crucial to understand well-being holistically, recognizing it not only as the absence of psychological issues but also as the presence of positive attributes within oneself and one's life.

Psychological well-being refers to an individual's acceptance of their psychological capabilities (Kim et al., 2013). Generally, it encompasses a person's tendency to express satisfaction and maintain positive perspectives without external influence (Santrock, 2022). Individuals with high psychological well-being experience joy and fulfillment in their lives. According to Ryff (1989), the dimensions of psychological well-being consist of six components: (1) self-acceptance, (2) purpose in life, (3) positive relationships with others, (4) autonomy, (5) environmental mastery, and (6) personal growth. Those who effectively manage their time, accept themselves, pursue meaningful life goals, demonstrate independence, and realize their potential are indicative of high psychological well-being, reflecting a healthy psychological state (Baumrind, 1991).

Psychological well-being is crucial for adolescents, as it profoundly affects their emotional state and attitudes when interacting with their environment. Ryff and Keyes (2014) assert that social support from family, particularly parents, can enhance the psychological well-being of children. Research conducted by Pembayun and Mudhar (2022) revealed that adolescents often struggle to make decisions due to feelings of dilemma and doubt. The study indicated that parental roles influence this indecision. Effective parenting practices are essential for enhancing children's psychological well-being. According to Chua (2011), psychological well-being in adolescents is influenced by two primary factors: internal and external. Internal factors include self-efficacy and prosocial behavior, while external factors stem from influences outside the individual, such as parenting styles. Parenting can impact social mentality, educational outcomes, welfare, health, and religious intentions (Ibrahim et al., 2022). The parenting patterns adopted by parents will shape adolescents' behaviors well into adulthood (Fu & Markus, 2014).

Baumrind (1991) identifies four parenting styles: authoritative, authoritarian, permissive, and neglectful. In contrast, Kim (2013) categorizes parenting into three styles: tiger parenting, supportive parenting, and neglectful parenting. Additionally, Kim (2013) further divides parenting dimensions into positive and negative parenting. Supportive parenting is characterized by a high score in the positive parenting dimension and a low score in the negative parenting dimension. Conversely, harsh parenting exhibits a low score in the positive parenting dimension and a high score in the negative parenting dimension, while easygoing parenting scores low in both dimensions. Tiger parenting, on the other hand, demonstrates high scores in both positive and negative parenting, indicating that positive and negative parenting strategies coexist within this style. When comparing classic parenting styles, Kim et al. (2015) characterized supportive parenting as authoritative, harsh parenting as authoritarian, and easygoing parenting as indulgent while identifying tiger parenting as a form of shaming parenting. Today, the term "parenting" is still frequently used to describe strict and highly disciplinary parenting approaches, typically with the hope that children will achieve academic and professional success (Chua, 2011). The theoretical framework of Ryff (1989) model of psychological well-being encompasses several dimensions, including self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth. While tiger parenting may promote one aspect, such as environmental mastery through discipline, it can hinder others, such as autonomy and self-acceptance.

Parenting, characterized by pushing, pulling, directing, instructing, scheduling, and

monitoring children's activities, is defined as tiger parenting (Kang, 2014). This parenting style is marked by parents who actively direct their children's activities, exert strong control, impose their will, and apply pressure to achieve their goals (Chen, 2020). Tiger parenting encompasses two dimensions: positive parenting dimensions, which include warmth, inductive reasoning, and monitoring, and negative parenting dimensions, which consist of hostility, punishment, psychological control, and shaming (Hean, 2019). Research on tiger parenting indicates that it can jeopardize children's mental health and psychological well-being, placing them at a heightened risk of experiencing stress, anxiety, and depression (Kim et al., 2013). Tam's (2018) research in Hong Kong on 439 children showed that tiger parenting was positively associated with children's anxiety. Zhang (2023) found that tiger parenting was not the same as extreme authoritarian style and was less supportive of students' psychological well-being.

The purpose of this study is to examine patterns of tiger parenting among adolescents. Additionally, it aims to assess the level of psychological well-being in this demographic. The hypothesis posits that the presence of tiger parenting has a positive influence on psychological well-being. The novelty of this research lies in its focus on subjects living in the Yogyakarta area, which has never been done by previous researchers. Thus, this study is expected to contribute to providing knowledge about the impact of tiger parenting on adolescent psychological well-being.

Method

The approach employed in this study is quantitative, utilizing a correlational method. Data collection was conducted online by distributing scales to adolescents aged 15 to 17 years who were enrolled in one of four high schools: Muhammadiyah X Yogyakarta High School, SMKN X Yogyakarta, and Muhammadiyah X Yogyakarta Vocational School. The scales were distributed using a Google Form link. A total of 236 respondents participated in the study, with incidental sampling as the chosen technique.

This study utilized two Likert scales. The first scale is the Tiger Parenting Scale, which was developed based on the aspects proposed by Hean (2019) and includes 22 favorable items divided into two dimensions: positive parenting and negative parenting. The second scale measures psychological well-being and consists of 27 items, which include both favorable and unfavorable statements (Ryff, 2014). The dimensions of the scale include self-acceptance, positive relationships with others, independence, environmental conquest, life goals, and self-development. The scale has been assessed for reliability using the single trial administration method. According to Cronbach's Alpha internal consistency test, the reliability values for the tiger parenting scale and the psychological well-being scale are 0.943 and 0.847, respectively. This result indicates that the psychological well-being scale is highly reliable and consists of 27 items. The data analysis technique employed in this study is simple linear regression, utilizing SPSS version 19.

Results

After data collection, it is essential to perform assumption tests before conducting data analysis or hypothesis testing to ensure valid and reliable results. This research employs two assumption tests: the normality test and the linearity test. Both tests are conducted before performing analysis using simple linear regression. The normality test assesses whether the data population follows a normal distribution. This test utilizes the Kolmogorov-Smirnov technique, facilitated by the IBM SPSS version 19.0 software. Based on the results of the normality test using unstandardized residual data, the normality index (KS-Z) is 0.827, and the significance level (p) is 0.501 ($p > 0.05$). Therefore, it can be concluded that the regression model in this study has normally distributed residual values.

The linearity test is employed to determine whether the variables in the study exhibit a significant linear relationship. The results of the linearity test between tiger parenting and

psychological well-being indicate a significance value for F Linearity of $p = 0.000$ ($p < 0.05$) and a significance value for F Deviation from Linearity of 0.249 (> 0.05). This result suggests that the two variables have a linear relationship. Subsequently, a hypothesis assumption test was conducted using simple linear regression analysis to assess the influence of the independent variable on the dependent variable. The analysis results reveal a regression coefficient value of 0.000 ($p < 0.01$), a correlation coefficient (R) of 0.496 , and an F value of 76.439 with $p = 0.000$ ($p < 0.001$). Therefore, the hypothesis is accepted, indicating that tiger parenting has a highly significant effect on psychological well-being.

The effect of the independent variable on the dependent variable can be determined by multiplying the coefficient of correlation by 100% . Based on the analysis results, the coefficient of determination for the impact of tiger parenting on psychological well-being is 0.246 . Therefore, the influence of tiger parenting on psychological well-being is 24.6% .

The research conducted aims to provide a general description of the tendency of the subjects' responses to the research variables, specifically psychological well-being (Y) and tiger parenting (X). This study employs basic categorization based on the mean values and hypothetical standard deviations associated with each variable, as presented in Table 1. According to the results of the analysis in Table 1 below, it is evident that most participants exhibit moderate psychological well-being (66.53%) and were raised under a high level of tiger parenting (50.42%).

Tabel 1. Categorization of Research Subjects

Variable	Categorization		
	Low	Medium	High
Psychological well-being	2	157	77
Tiger parenting	5	112	119

Discussion

This study aimed to empirically investigate the impact of tiger parenting on the psychological well-being of adolescents. The results, derived from simple linear regression analysis, indicate a highly significant influence of tiger parenting on adolescent psychological well-being, leading to the acceptance of the hypothesis in this research. The effective contribution of tiger parenting to psychological well-being is quantified at 24.6% . This rate suggests that additional influential factors exist in other variables not addressed in this study. Tiger parenting is characterized by a strong emphasis on strict discipline, high parental expectations, and a focus on children's academic achievements. Parents who adopt a tiger parenting approach firmly believe that pushing their children to their limits and instilling a strong work ethic and perseverance will lead to their success. These parents are dedicated to ensuring their children's success and anticipate a prosperous future for them (Guarnotta & Saleh, 2023).

Research conducted by Feng and Cui (2023) indicates a relationship between parenting style and psychological well-being, particularly in how adolescents perceive their parents' approaches to parenting. The positive aspects of democratic tiger parenting contribute to children's development by fostering a strong self-concept, goal-setting, and a willingness to grow, all of which can positively impact psychological well-being. This assertion aligns with Ryff's (1989) model, which identifies six key components of psychological well-being: self-acceptance, positive relationships with others, autonomy, mastery of the environment, life goals, and personal growth.

In a study conducted by Abidin (2022), it was concluded that parenting characterized by support and encouragement can enhance children's well-being by fulfilling their basic psychological needs. The parenting style adopted by parents significantly influences the

emotional atmosphere within the family, particularly in terms of the patterns of interaction between parents and children (Fauziyah et al., 2020). Chua (2011) explains that when parents consistently supervise and engage in all of their children's activities, it may ultimately become counterproductive, as children need opportunities to practice independence and learn to make their own decisions. This point illustrates that tiger parenting, which emphasizes strict discipline and close monitoring, can lead to children who are independent, self-assured, and capable of collaborating with others.

The positive impact of tiger parenting encompasses both beneficial and detrimental dimensions. Specifically, tiger parenting can contribute to children's psychological well-being. According to Ibrahim's research (2022), individuals who exhibit strong adaptability to their environment tend to grow into independent and responsible adults. They are sensitive to the feelings of others, possess effective emotional management strategies, are not easily offended, and have a clear understanding of their own emotional states, which enables them to manage their anger effectively. Research by Fu and Markus (2014) identifies pressure as a motivating factor that can help children maintain their persistence. Additionally, Chao's (1994) findings suggest that parents who employ a firm yet democratic approach—characterized by providing emotional support and active listening—can foster greater independence in their children and enhance their ability to express themselves. Furthermore, the strict parenting styles associated with tiger parenting have been shown to improve academic achievement and self-esteem in children (Juang, Qin, and Park, 2013). Lundberg (2015) argues that the tiger parenting style influences abilities related to self-control and rational decision-making processes.

The tiger parenting style can have both positive and negative effects on child development. The negative effects experienced by children include feelings of unhappiness, a lack of enjoyment, and sadness due to constant suppression. These children often feel they have little authority over their own lives, as their actions are continually directed by their parents (Zhang, 2023). Additionally, Kang (2014) notes that the tiger parenting style can lead to increased rigidity, decreased creativity, and a sense of exhaustion in children. As a result, these children may experience an imbalanced life, both mentally and physically, which can hinder their development and lead to regression.

Some previous studies have indicated that the emotional development of children raised under tiger parenting tends to have more negative effects than positive ones. These children often experience a lack of autonomy in their lives, as their actions are continually directed by their parents. Consequently, a balanced parenting approach is necessary, one that combines support with realistic expectations from parents to foster psychological well-being and promote long-term optimal development in adolescents.

This study has several limitations that should be acknowledged. First, the focus of the research is confined to the understanding of tiger parenting within the local cultural context of Yogyakarta, which limits the generalizability of the findings to other regions or cultural settings in Indonesia that may hold different parenting values and norms. Second, the limited availability of literature and scholarly references on tiger parenting, particularly within the Indonesian cultural context, presents a challenge in enriching the theoretical analysis and comparative framework. Third, this study has not extensively explored the specific dimensions of tiger parenting, such as the degree of parental control, academic expectations, and emotional support, which could provide a more comprehensive understanding of its impact on adolescents' psychological well-being.

Conclusion

The results indicate that tiger parenting has a significant influence on adolescents' psychological well-being, suggesting that parenting plays a crucial role in their psychological development. While tiger parenting can have positive effects, such as fostering independence and responsibility, it may also have a negative impact on adolescents' emotional development. This finding provides empirical evidence that, despite its adverse aspects, the tiger parenting

style makes a significant contribution to adolescent well-being within the Indonesian cultural context, particularly in Yogyakarta. It is recommended that parents adopt a balanced parenting approach that combines emotional support with realistic expectations for their children while further exploring the dimensions of tiger parenting and its effects on specific aspects of adolescents' psychological well-being. These findings extend theoretical understandings previously developed in the context of Chinese-American culture to the local cultural context of Indonesia, particularly Yogyakarta. A balance between control and emotional support is needed. Tiger parenting can have a positive impact if complemented with a warm and communicative approach. The results of this study indicate that understanding parenting patterns can help parents understand the emotional and psychological dynamics of adolescents. Future research should consider additional factors that may affect the relationship between tiger parenting and psychological well-being, such as cultural influences, socioeconomic status, and individual characteristics of children.

Statement of Interest

Both authors of the article declare that they have no conflict of interest in the publication of this article.

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