



## **Navigating Stress: Parenting Styles and Coping Patterns in Bandung's Generation Z**

### Article History

Accepted  
June 30, 2026

Received  
December 8, 2025

Published  
June 30, 2026

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### **ABSTRACT**

Generation Z has grown up in a digital era marked by high creativity, broad social connectivity, and intensive engagement with technology. However, these developments are accompanied by increased vulnerability to stress and anxiety. This study examined the relationship between perceived parenting styles and coping strategies among Generation Z. A quantitative correlational design was employed, with participants selected using accidental sampling from Generation Z individuals residing in Bandung who met the study's inclusion criteria. The Scale of Perceived Parenting Styles (SOPPS) was used to measure parenting styles, while the Ways of Coping Scale (WOCS) assessed coping strategies. Data were analyzed using Pearson's correlation after the assumptions of normality and linearity were satisfied. The findings indicated that only several dimensions of perceived parenting styles were significantly associated with coping strategies, whereas other relationships were not statistically significant. Significant associations were observed in both positive and negative directions, suggesting that the relationship between parenting styles and coping is more nuanced than a uniformly positive pattern. Overall, participants who perceived more supportive parenting tended to report greater use of adaptive coping strategies, whereas less supportive parenting was associated with a greater tendency toward avoidance-oriented coping in specific parenting dimensions. These findings highlight that the association

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between parenting styles and coping strategies varies across parenting dimensions and should be interpreted within broader developmental and sociocultural contexts. The study provides evidence that may inform the development of interventions and counseling services to support the psychological well-being of adolescents and young adults in the digital age

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**KEY WORDS:**

Generation Z; parenting styles; coping strategies; emotional regulation; psychological resilience

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## Introduction

Generation Z refers to individuals born between the mid-1990s and the early 2010s. They are widely recognized as digital natives who have grown up in a highly technological environment (McCrinkle, 2025; Britannica, 2025). In Indonesia, Generation Z is commonly defined as individuals born between 1997 and 2012, reflecting technological and socio-cultural developments during this period (Irlansyah et al., 2022; Sunaryanto, 2025). Their early and continuous exposure to digital technology shapes them into a generation that is creative, adaptive, and highly connected. However, intensive digital engagement also introduces significant psychological challenges.

A growing body of research indicates that Generation Z reports higher levels of stress and anxiety compared to previous generations (APA, 2020). This generation not only faces academic pressure and social demands but is also exposed to excessive information, cyberbullying, and the Fear of Missing Out (FOMO), which is increasingly common among heavy social media users (Gentina, 2021). National data highlight a concerning trend. The National Adolescent Mental Health Survey (I-NAMHS, 2022) reported that 34.9 percent of Indonesian adolescents experienced at least one mental health problem in the past year. Local data from Bandung show similar patterns, with high rates of depression, suicidal ideation, and emotional distress among university students and young adults (Ardiansyah et al., 2023; IDN Times Jabar, 2023; Katadata, 2024). These findings suggest that understanding how Generation Z manages stress and psychological pressure is an increasingly important area of inquiry.

One of the key factors that shape coping abilities is parenting style.

According to Baumrind (1971) and Maccoby and Martin (1983), parenting styles are classified into four types based on combinations of demandingness and responsiveness. The four categories are as follows: (1) authoritative, characterized by firm control combined with warmth and open communication; (2) authoritarian, characterized by high control but low responsiveness; (3) permissive, characterized by high warmth but minimal control; and (4) neglectful, characterized by low control and low responsiveness. Each parenting style produces different outcomes in children's emotional regulation, autonomy, and behavioral development. Authoritative parenting is consistently associated with healthier social and emotional outcomes, whereas authoritarian, permissive, and neglectful parenting are often linked to emotional difficulties, aggression, and poor decision-making skills (Santrock, 2010; Benson and Haith, 2009).

Coping strategies refer to cognitive and behavioral efforts to manage internal or external demands that are appraised as stressful (Lazarus and Folkman, 1984). The two main categories are problem-focused coping, which involves actively addressing the source of stress, and emotion-focused coping, which involves regulating emotional responses without altering the stressor itself. Research suggests that problem-focused coping tends to be more adaptive, while excessive reliance on emotion-focused coping, particularly in maladaptive forms such as avoidance, can increase vulnerability to anxiety and emotional instability (Sarafino, 2006). Recent studies also show that Generation Z tends to use emotion-focused coping more frequently than earlier generations, particularly when dealing with social media-induced emotional strain (Elvika, 2023).

Theoretical frameworks suggest that parenting styles are closely related to the development of coping strategies. Authoritative parenting tends to promote autonomy, competence, and emotional regulation, all of which support the use of problem-focused coping. In contrast, authoritarian parenting may heighten anxiety, fear of failure, and dependency on authority figures, which can lead to greater use of maladaptive emotion-focused coping. Permissive parenting is often associated with impulsivity and difficulty setting priorities, making avoidance-based strategies more likely. Neglectful parenting is linked to a lack of emotional support and weak family attachment, which are major risk factors for maladaptive coping responses (Fathi, 2011; Surbakti, 2008; Santrock, 2010).

Although many studies have examined parenting styles and coping strategies separately, research that explicitly investigates the relationship

between the two variables among Generation Z in Indonesia remains limited. Most existing studies focus on children, adolescents in middle or high school, or general family contexts. Few studies analyze the four Baumrind parenting styles together with the two coping categories of Lazarus and Folkman within a single conceptual model. Furthermore, research in urban contexts such as Bandung, where the population of Generation Z is large and psychological pressure is high, is still scarce.

Bandung is a relevant research site because it has a significant population of Generation Z, totaling 609,236 individuals in 2024 (BPS, 2024). Reports from local health agencies show high rates of stress, anxiety, and depression among adolescents and young adults. These conditions make Bandung a highly suitable context for examining how parenting styles are associated with coping strategies during a critical developmental transition into adulthood.

Although theoretical models consistently suggest that authoritative parenting promotes adaptive coping whereas authoritarian, permissive, and neglectful parenting are associated with less adaptive coping, empirical findings remain inconsistent across cultural contexts. Several studies have reported that authoritative parenting is not always a significant predictor of coping strategies among older adolescents and young adults, whereas the effects of authoritarian or permissive parenting vary depending on cultural norms, family dynamics, and developmental stage. These inconsistencies indicate that the relationship between parenting styles and coping strategies may not be universal and warrants further investigation, particularly among Generation Z in Indonesia, whose developmental experiences are strongly shaped by digital environments and changing family interactions

Based on these considerations, this study aims to examine the relationship between parenting styles and coping strategies among Generation Z participants residing in Bandung, most of whom are university students. Rather than representing all Generation Z individuals in Bandung, this study focuses on understanding coping patterns within this specific population

## Methods

### Research design

This study employed a quantitative correlational design to examine relationships between four parenting style types (independent variables: authoritative, authoritarian, permissive, neglectful) and two coping strategy categories (dependent variables: problem-focused coping [PFC] and emotion-

focused coping [EFC]). Correlational analyses tested eight hypotheses (H1a–H1h), each linking a parenting style to a coping category.

## Participants

The target population comprised Generation Z individuals (age range 12–29 years) residing in Bandung. Inclusion criteria were: (a) born between 1997 and 2012 (Generation Z), (b) domiciled in Bandung, and (c) having an active caregiver (parent, guardian, or other primary caregiver). Non-probability accidental sampling was used to recruit respondents. Minimum sample size was calculated with Slovin's formula ( $N = 609,236$ ;  $e = .05$ ), resulting in  $n_{\min} \approx 400$ . The final sample comprised  $N = 483$  respondents, which exceeds the calculated minimum and supports use of parametric tests under the Central Limit Theorem.

## Instruments

Data were collected using two standardized self-report instruments to measure the study variables. Perceived parenting style was assessed using the Scale of Perceived Parenting Styles (SOPPS), whereas coping strategies were measured using the Ways of Coping Scale (WOCS). Both instruments have been widely employed in previous research and were administered in their Indonesian-adapted versions. Participants responded to all items using a five-point Likert scale, and higher scores reflected higher levels of the respective constructs. Before the main analyses, the psychometric properties of both instruments were evaluated to ensure their validity and reliability within the present sample.

**Scale of Perceived Parenting Styles (SOPPS).** Perceived parenting style was assessed using the Scale of Perceived Parenting Styles (SOPPS) developed by Gafoor (2014) and adapted into Indonesian by Hendrawan and Sulastra (2022). The instrument comprises 38 items measuring two fundamental parenting dimensions: Demandingness (19 items) and Responsiveness (19 items). Responses were recorded on a five-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). Higher scores indicate stronger perceived levels of the corresponding parenting dimension. In the present study, the SOPPS demonstrated excellent internal consistency, with a Cronbach's alpha coefficient of .953, indicating a high level of reliability.

**Ways of Coping Scale (WOCS).** Coping strategies were measured using the Indonesian adaptation of the Ways of Coping Scale (WOCS) developed by Folkman and Lazarus et al. (1986) and adapted by Gunawan (2018). The instrument consists of 50 items representing eight coping dimensions: Planful

Problem Solving (6 items), Confrontive Coping (4 items), Seeking Social Support (6 items), Distancing (6 items), Self-Controlling (6 items), Escape–Avoidance (10 items), Accepting Responsibility (5 items), and Positive Reappraisal (7 items). These dimensions were subsequently grouped into two broader coping domains. Problem-Focused Coping (PFC) comprised Planful Problem Solving, Confrontive Coping, and Seeking Social Support, whereas Emotion-Focused Coping (EFC) comprised Distancing, Self-Controlling, Escape–Avoidance, Accepting Responsibility, and Positive Reappraisal. All items were rated on a five-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The adapted WOCS demonstrated good internal consistency in the present study, with a Cronbach's alpha coefficient of .879.

### **Scoring and Categorization**

SOPPS scores were used to generate each respondent's perceived parenting profile by mapping their responses onto the two core dimensions, Demandingness and Responsiveness. These dimensional scores were then combined to classify respondents into one of Baumrind's four parenting types, namely authoritative, authoritarian, permissive, or neglectful. For coping strategies, WOCS item scores were aggregated into two main categories, Problem-Focused Coping (PFC) and Emotion-Focused Coping (EFC). Respondents were categorized as predominantly PFC or predominantly EFC when the percentage score of one category was greater than or equal to the other. Item scoring procedures accounted for both favorable and unfavorable items through the application of reverse scoring where required.

### **Data Collection Procedure**

Data were collected online via Google Forms. The questionnaire comprised three sections: respondent demographic information, SOPPS, and WOCS. Participants provided informed consent electronically before proceeding. The study conformed to ethical standards (voluntary participation, anonymity/confidentiality, right to withdraw).

### **Psychometric Checks and Data Analysis**

Before the main analyses, the psychometric properties of the instruments were evaluated to ensure their adequacy for the study. Item validity was assessed using corrected item–total correlation coefficients. With a sample size of 483 participants, the critical correlation value was approximately  $r = .088$ . All items on both the Scale of Parenting Style (SOPPS) and the Ways of Coping Scale (WOCS) exceeded this threshold, indicating satisfactory item validity. Internal

consistency reliability was then examined using Cronbach's alpha coefficients. The SOPPS demonstrated excellent reliability ( $\alpha = .953$ ), while the WOCS showed good reliability ( $\alpha = .879$ ), with both coefficients exceeding the recommended minimum threshold of .70, thereby confirming the reliability of the instruments for subsequent analyses.

Before conducting inferential analyses, the assumptions underlying parametric statistical procedures were evaluated. Normality was examined using both the Kolmogorov–Smirnov (K–S) and Shapiro–Wilk (S–W) tests. Although the K–S test indicated a statistically significant result ( $p = .022$ ), suggesting a deviation from normality, the S–W test was non-significant ( $p = .085$ ). Given the relatively large sample size ( $N = 483$ ), the analyses relied on the Central Limit Theorem (CLT), which supports the robustness of parametric procedures under mild departures from normality. Therefore, the data were considered sufficiently approximately normally distributed for the purposes of parametric analyses. In addition, linearity and other relevant assumptions for correlation analyses were examined and found to be acceptable.

Descriptive statistics were first computed to summarize participants' demographic characteristics and the distributions of parenting styles and coping strategies. Pearson's product–moment correlation was used to examine the relationships between parenting style scores and coping strategy scores. In addition, chi-square analysis was conducted to examine the association between the categorical parenting style classifications and dominant coping strategy categories. Effect sizes were interpreted according to Cohen's (2013) guidelines, whereby correlation coefficients of .10–.29 were considered weak, .30–.49 moderate, and .50 or above strong. All statistical analyses were performed using IBM SPSS Statistics version 27, with statistical significance set at  $p < .05$ .

## Results

This section presents the findings of the statistical analyses conducted to examine the relationship between parenting styles and coping strategies among Generation Z respondents in Bandung. The results are organized into three parts, beginning with descriptive statistics that outline respondents' demographic characteristics and overall score distributions for the study variables. This is followed by categorization outcomes for parenting styles and coping strategy types based on the scoring procedures described in the Methods section. Finally, the results of the correlational analyses are reported to evaluate the eight hypothesized relationships between the four parenting styles and the two coping strategy categories.

**Table 1***Demography*

No	Demographic Variable	Category	Frequency	Percentage
1	Gender	Male	108	22.4
		Female	375	77.6
2	Age Range	12-15 years	1	0.2
		16-18 years	17	3.4
		19-29 years	465	96.4
3	Specific Age	15 years	1	0.2
		16 years	1	0.2
		17 years	3	0.6
		18 years	13	2.7
		19 years	155	32.1
		20 years	174	36.0
		21 years	73	15.1
		22 years	42	8.7
		23 years	6	1.2
		24 years	3	0.6
		25 years	3	0.6
4	Educational Level	SD	1	0.2
		SMP	1	0.2
		SMA	459	95.0
		D3	1	0.2
		S1	20	4.1
		S2	1	0.2
5	Region of Residence	North Bandung	267	55.3
		Central Bandung	63	13.0
		East Bandung	106	21.9
		South Bandung	39	8.1
		West Bandung	8	1.7
6	Occupation	Student/College	465	96.3
		Private Employee	7	1.4
		ASN	1	0.2

	Unemployed/Job Seeking	10	2.1
Total		483	100.0

A total of 483 respondents participated in this study. The majority were female, representing 77.6% of the sample, while males accounted for 22.4%. Most respondents were within the 19 to 29-year age range (96.4%), with only a small proportion aged 16 to 18 years (3.4%) and 12 to 15 years (0.2%). More specifically, the largest age groups were 20 years (36.0%) and 19 years (32.1%). In terms of educational background, nearly all respondents had completed senior high school (95.0%), while a smaller portion held a bachelor's degree (4.1%), and the remaining categories each accounted for 0.2% of the sample. Regarding area of residence, participants were predominantly from North Bandung (55.3%), followed by East Bandung (21.9%), Central Bandung (13.0%), South Bandung (8.1%), and West Bandung (1.7%). The vast majority of respondents identified as students (96.3%), with a small proportion of private employees (1.4%), civil servants (0.2%), and individuals who were unemployed or seeking work (2.1%). Overall, the demographic distribution indicates that the sample primarily consisted of young adult students residing in the northern and eastern regions of Bandung.

**Table 2**  
*Parenting Type Descriptive*

Parenting Type	N	Minimum	Maximum	Mean	Std. Deviation
Authoritative	165	118.00	187.00	145.5455	19.12553
Authoritarian	91	88.00	149.00	116.4835	14.73195
Permissive	92	82.00	143.00	115.8043	14.67766
Neglectful	135	42.00	114.00	78.4667	15.90729
Valid N (listwise)	483				

Descriptive statistics of the four parenting types are presented in Table 2. Among the 483 respondents, authoritative parenting had the highest number of classifications (n = 165), with scores ranging from 118 to 187 (M = 145.55, SD = 19.13). Authoritarian parenting was identified in 91 respondents, showing score ranges between 88 and 149 (M = 116.48, SD = 14.73). A similar proportion of respondents fell into the permissive category (n = 92), with scores ranging from 82 to 143 (M = 115.80, SD = 14.68). Neglectful parenting was reported by 135 respondents, reflecting the lowest overall mean score, with a range of 42 to 114

( $M = 78.47$ ,  $SD = 15.91$ ). These results indicate substantial variation in perceived parenting styles, with authoritative parenting emerging as the most prevalent and neglectful parenting yielding the lowest score distribution.

Descriptive statistics for the two coping strategy categories are presented in Table 3. A total of 252 respondents were classified as predominantly using problem-focused coping, with scores ranging from 21 to 75 ( $M = 48.60$ ,  $SD = 10.16$ ). Meanwhile, 231 respondents were categorized as predominantly using emotion-focused coping, with a wider score range from 50 to 158 ( $M = 103.43$ ,  $SD = 20.13$ ). These findings indicate that both coping orientations were represented relatively evenly within the sample, although emotion-focused coping displayed greater variability and substantially higher mean scores, suggesting broader differences in how individuals regulate emotions when confronting stress.

**Table 3**  
*Coping Strategy Type Descriptive*

Coping Strategy Type	N	Minimum	Maximum	Mean	Std. Deviation
Problem-Focused Coping	252	21.00	75.00	48.6046	10.16334
Emotion-Focused Coping	231	50.00	158.00	103.4327	20.12815
Valid N (listwise)	483				

**Table 4**  
*Crosstabulation*

		Coping Strategy Type		
		Problem-Focused	Emotion-Focused	Total
Parenting Type	Authoritative	87	78	165
	Authoritarian	48	43	91
	Permissive	42	50	92
	Neglectful	75	60	135
Total		252	231	483

Table 4 presents the crosstabulation between parenting type and coping strategy categories. Among respondents who perceived their parents as authoritative, 87 individuals (52.7%) predominantly used problem-focused coping, while 78 (47.3%) relied on emotion-focused coping. A similar distribution was found in the authoritarian group, with 48 respondents (52.7%) categorized as problem-focused and 43 (47.3%) as emotion-focused.

In contrast, respondents who perceived permissive parenting showed a slight shift toward emotion-focused coping, with 50 individuals (54.3%) classified in this category compared to 42 (45.7%) who used problem-focused strategies. Meanwhile, within the neglectful parenting group, 75 respondents (55.6%) exhibited problem-focused coping, whereas 60 (44.4%) demonstrated emotion-focused coping.

Overall, the distribution indicates that all four parenting types appear in both coping categories with relatively balanced proportions, though permissive parenting shows the clearest tendency toward emotion-focused coping, while neglectful parenting shows a higher proportion of problem-focused coping. These patterns provide preliminary insights into how perceived parenting may be related to coping orientations among Generation Z.

**Table 5**  
*Result Problem-Focused Coping*

X Variable	Y Variable (Problem-Focused Coping)	r	N	Sig.	Information
Authoritative	Problem-Focused Coping	-0.112	165	.152	Weak
Authoritarian	Problem-Focused Coping	0.346	91	.001	Moderate
Permissive	Problem-Focused Coping	-0.085	92	.419	Weak
Neglectful	Problem-Focused Coping	0.178	135	.038	Weak

Table 5 summarizes the correlation results between the four parenting types and problem-focused coping. The analysis shows that authoritative parenting was not significantly related to problem-focused coping ( $r = -0.112$ ,  $p = .152$ ), indicating a weak and non-significant association. Similarly, permissive parenting demonstrated a weak and non-significant correlation with problem-focused coping ( $r = -0.085$ ,  $p = .419$ ).

In contrast, authoritarian parenting showed a statistically significant moderate positive correlation with problem-focused coping ( $r = .346$ ,  $p = .001$ ). This suggests that individuals who perceived their parents as more authoritarian were more likely to engage in problem-focused coping strategies. Neglectful parenting also demonstrated a statistically significant relationship with problem-focused coping, although the correlation was weak ( $r = .178$ ,  $p = .038$ ). This indicates that higher perceptions of neglectful parenting were modestly associated with greater use of problem-focused coping.

Overall, among the four parenting types, authoritarian parenting exhibited

the strongest and only moderate association, whereas authoritative and permissive parenting did not show meaningful relationships with problem-focused coping.

Table 6 presents the correlation results between the four parenting types and emotion-focused coping. Authoritative parenting showed a weak and non-significant association with emotion-focused coping ( $r = .059$ ,  $p = .449$ ), indicating no meaningful relationship between the two variables. Similarly, permissive parenting demonstrated a weak and non-significant correlation ( $r = .157$ ,  $p = .136$ ), suggesting that this parenting type does not reliably predict the use of emotion-focused coping.

**Table 6**  
*Result Emotion-Focused Coping*

X Variable	Y Variable (Emotion-Focused Coping)	r	N	Sig.	Information
Authoritative	Emotion-Focused Coping	0.059	165	.449	Weak
Authoritarian	Emotion-Focused Coping	0.323	91	.002	Moderate
Permissive	Emotion-Focused Coping	0.157	92	.136	Weak
Neglectful	Emotion-Focused Coping	0.128	135	.140	Weak

Neglectful parenting also displayed a weak and non-significant relationship with emotion-focused coping ( $r = .128$ ,  $p = .140$ ). Although the correlation was positive, its magnitude and lack of statistical significance indicate minimal connection. In contrast, authoritarian parenting exhibited a statistically significant moderate positive correlation with emotion-focused coping ( $r = .323$ ,  $p = .002$ ). This finding suggests that individuals who perceived their parents as authoritarian were more likely to engage in emotion-focused coping strategies.

Overall, authoritarian parenting again emerged as the only parenting style showing a significant moderate association with coping strategies, paralleling the findings observed in problem-focused coping.

Across both coping categories, authoritarian parenting emerged as the only parenting type consistently showing significant moderate correlations with coping strategies. Authoritative, permissive, and neglectful parenting styles displayed weak or non-significant correlations with both problem-focused and emotion-focused coping. These results partially support the study hypotheses and highlight the distinct role of authoritarian parenting in shaping coping orientations among Generation Z in Bandung.

## Discussion

This study examined the relationship between parenting styles and coping strategies among Generation Z individuals residing in Bandung. The findings provide important insights into how perceived parental demandingness and responsiveness relate to the use of problem-focused and emotion-focused coping in young people who are navigating emerging adulthood. This discussion interprets the findings in light of developmental theories and previous empirical research, while also considering the broader sociocultural context of Generation Z.

The demographic profile reveals that most respondents were in the 19 to 29 year age range, corresponding to the developmental stage of emerging adulthood. This stage is characterized by identity exploration, emotional regulation demands, and increasing responsibility, all of which intensify the need for effective coping strategies (Arnett, 2020). The dominance of female respondents aligns with recent psychological research showing that women are more willing to participate in mental health surveys and disclose emotional experiences than men (Scott & Lewis, 2022).

In terms of parenting styles, the high mean score for authoritative parenting reflects global shifts toward warmer and more communicative parenting models in urban populations. Contemporary research indicates that parents in metropolitan environments increasingly adopt authoritative practices because this approach is associated with better social competence and psychological well-being among children (Pinquart, 2021). Nonetheless, the considerable proportion of respondents reporting neglectful parenting (28 percent) highlights the persisting challenges faced by urban families, including work pressure, parental stress, and emotional disengagement (Chung et al., 2022).

For coping strategies, the descriptive findings require careful interpretation because the emotion-focused coping (EFC) and problem-focused coping (PFC) scales consisted of different numbers of items. Therefore, comparing raw total scores directly may be misleading. When the scores are considered on a per-item basis, the average endorsement of both coping strategies was relatively comparable. However, based on the study's categorization procedure, slightly more participants were classified as predominantly using problem-focused coping (252 participants) than emotion-focused coping (231 participants). This suggests that although the overall intensity of endorsement across coping items was relatively similar, Generation Z respondents in this study showed a modest tendency to rely more on problem-focused coping when their dominant coping

orientation was identified.

The categorical findings suggest that problem-focused coping was only slightly more prevalent than emotion-focused coping, indicating that Generation Z does not rely exclusively on a single coping orientation. Instead, these findings support previous studies showing that emerging adults tend to use coping strategies flexibly, selecting problem-focused or emotion-focused approaches according to the nature of the stressor. Academic, occupational, and interpersonal demands often require direct problem solving, whereas emotionally overwhelming situations may prompt greater reliance on emotion regulation. Thus, the present findings are consistent with the view that coping among Generation Z is dynamic rather than confined to a single dominant strategy.

The categorical findings suggest that problem-focused coping was only slightly more prevalent than emotion-focused coping, indicating that Generation Z does not rely exclusively on a single coping orientation. Instead, these findings are consistent with the transactional model of stress and coping, which proposes that individuals flexibly select coping strategies according to their appraisal of situational demands and available coping resources. Emerging adults frequently alternate between problem-focused and emotion-focused coping depending on whether stressful situations are perceived as controllable or uncontrollable (Compas et al., 2001; Skinner et al., 2003). Academic, occupational, and interpersonal demands often require direct problem solving, whereas emotionally overwhelming situations may prompt greater reliance on emotion regulation. Thus, the present findings are consistent with the view that coping among Generation Z is dynamic rather than confined to a single dominant strategy.

Overall, the descriptive findings demonstrate that participants possess diverse coping patterns shaped by a spectrum of parenting experiences. These variations set the stage for understanding the correlational results between parenting styles and coping orientations.

Respondents who perceived authoritative parenting tended to favor problem-focused coping. This is consistent with research showing that warm, structured parenting promotes self-regulation, competence, and adaptive problem-solving abilities (Zakeri et al., 2021). Authoritative parenting supports open communication and secure attachment, giving children the confidence to confront challenges directly.

In authoritarian families, both coping types appeared nearly balanced. This

duality reflects the ambivalent psychological effects of authoritarian environments: high control may encourage structured action when a problem is clearly defined, yet emotional suppression and lack of warmth may push individuals toward emotion-focused coping in stressful or ambiguous situations (Shaw & Star et al., 20219).

Permissive parenting demonstrated a stronger tendency toward emotion-focused coping. The lack of structure and minimal behavioral regulation common in permissive households often leaves children without sufficient practice in planning and problem-solving. Thus, they may rely more heavily on emotional strategies when facing stress (Martínez-Escudero et al., 2020).

Interestingly, neglectful parenting showed a slightly higher proportion of problem-focused coping. This aligns with findings that children raised with minimal parental involvement often develop compensatory independence, relying on themselves to resolve difficulties due to the absence of parental support (Verhoeven et al., 2021). However, the presence of substantial emotion-focused coping in this group suggests that emotional distress remains prevalent.

Taken together, the crosstabulation highlights that although Generation Z often blends both coping types, their tendencies reflect underlying developmental experiences shaped by family dynamics and parental behavior.

The correlations between parenting styles and problem-focused coping produced differentiated outcomes across the four types of parenting.

Authoritative parenting did not show a significant correlation with problem-focused coping. This finding is noteworthy because authoritative parenting is generally considered the parenting style most consistently associated with adaptive coping, self-regulation, and effective problem solving. Rather than confirming this established pattern, the present findings suggest that the influence of authoritative parenting may become less directly observable during emerging adulthood. Most participants were university students aged 19–29 years, a developmental stage in which coping strategies are increasingly shaped by experiences beyond the family, including higher education, peer relationships, workplace demands, and digital environments. Consequently, although authoritative parenting may have laid the foundation for socio-emotional competence during earlier developmental stages, its direct association with current coping preferences may diminish as young adults gain greater autonomy and adapt their coping strategies to situational demands.

in contrast, authoritarian parenting demonstrated a significant positive

correlation with problem-focused coping. This contrast indicates that the absence of significance for authoritative parenting cannot simply be explained by peer influence or digital stressors, as these contextual factors were experienced by participants across all parenting groups. Instead, the finding may reflect the sociocultural characteristics of Indonesia, where parenting practices are strongly influenced by collectivistic values emphasizing respect for parental authority, obedience, family responsibility, and social harmony. Within this context, strict parental control may be interpreted less as hostility and more as parental concern and responsibility. Consequently, children raised in such environments may internalize discipline, persistence, and compliance, which later translate into greater engagement in task-oriented coping when facing stressful situations. This interpretation helps explain why authoritarian parenting remained significantly associated with problem-focused coping, whereas the influence of authoritative parenting became less pronounced during emerging adulthood.

Permissive parenting showed no significant relationship with problem-focused coping. The absence of boundaries, expectations, and structured guidance commonly associated with permissive parenting may hinder the development of problem-solving skills (Martínez-Escudero et al., 2020). Respondents with permissive parents may therefore rely on less organized coping strategies when confronted with stress.

Neglectful parenting exhibited a weak but significant positive association with problem-focused coping. This can be interpreted through the compensatory independence hypothesis, whereby individuals lacking parental involvement learn to manage tasks independently from an early age (Verhoeven et al., 2021). While this fosters self-reliance, the weakness of the association indicates that coping development remains inconsistent in neglectful environments.

Authoritative parenting again showed no significant relationship with emotion-focused coping. Warm and communicative parenting does not necessarily produce dependence on emotional regulation strategies but rather an adaptive mix of both (Cardamone-Breen et al., 2022). This may explain the lack of association.

Authoritarian parenting demonstrated a significant moderate positive correlation with emotion-focused coping, mirroring its relationship with problem-focused coping. Environments characterized by strict control and limited emotional validation may increase psychological tension, prompting individuals to rely on emotion-regulation strategies in response to internal stress. This dual influence reflects the complex emotional landscape produced by

authoritarian parenting.

Permissive parenting showed no significant association with EFC. Although permissive parents are warm, their lack of guidance may not provide the emotional scaffolding needed to develop consistent emotional coping skills, resulting in irregular or avoidance-based coping patterns (Evans et al., 2021).

Neglectful parenting also showed no significant association with EFC. The absence of emotional support in neglectful households may prevent the development of healthy emotional coping skills altogether. Research shows that individuals from neglectful families often resort to avoidant coping rather than either structured EFC or PFC (Verhoeven et al., 2021).

Across all models, authoritarian parenting emerged as the only style significantly associated with both PFC and EFC, indicating that highly demanding and low-responsiveness parenting exerts a consistent influence on how Generation Z responds to stress.

The results of hypothesis testing revealed that only three of the eight proposed hypotheses were supported. Authoritarian parenting demonstrated a significant positive relationship with both problem-focused coping and emotion-focused coping, indicating that individuals who experienced high-demand, low-responsiveness parenting were more inclined to use both task-oriented and emotion-regulation strategies when facing stress. In addition, neglectful parenting showed a weak yet significant positive association with problem-focused coping, suggesting that low parental involvement may prompt individuals to rely on self-driven problem solving as a compensatory mechanism. The remaining five hypotheses were not supported, as authoritative and permissive parenting did not significantly predict either coping strategy. These findings collectively suggest that the development of coping strategies among Generation Z is influenced by dynamics that differ from the patterns described in classical parenting theories. Factors such as digital-era stressors, shifting family structures, and evolving socioemotional norms may play a more dominant role in shaping coping tendencies in this population.

Several limitations should be acknowledged when interpreting the findings of this study. First, the use of accidental sampling and hybrid data collection methods may limit the representativeness of the sample. Differences between online and offline respondents, such as variations in motivation, digital literacy, or willingness to disclose personal information, may introduce bias into the dataset. Second, the study relied solely on self-report questionnaires, which are susceptible to social desirability bias and subjective interpretation, potentially

affecting the accuracy of the responses. Third, the analysis focused exclusively on parenting styles and coping strategies, without incorporating other influential variables such as personality traits, emotional or mental health conditions, trauma history, peer support, or environmental stressors, all of which may substantially affect coping processes. Finally, the cross-sectional design of the study restricts the ability to observe developmental changes in coping strategies over time or to infer causal relationships between parenting and coping. Longitudinal designs would be more suitable for capturing the evolving nature of these psychological constructs.

## Conclusions and Implication

This study aimed to examine the relationship between parenting styles and coping strategies among Generation Z individuals living in Bandung. Based on the correlational analyses, the findings indicate that parenting styles have some degree of association with coping strategies, although the strength of these relationships is generally weak and not consistent across all types of parenting.

The most notable finding is that authoritarian parenting emerged as the only parenting style significantly associated with both problem-focused coping (PFC) and emotion-focused coping (EFC). This suggests that individuals raised in environments characterized by high demands and strict control are more likely to employ both active problem-solving strategies and emotion-regulation strategies when facing stress. These results align with contemporary research indicating that control-oriented parenting may foster more structured coping responses in demanding situations.

In contrast, neither authoritative nor permissive parenting showed significant associations with either type of coping strategy. This implies that warmth, open communication, and behavioral freedom do not directly predict coping tendencies in emerging adulthood. External factors, such as academic pressures, peer relationships, and digital-era experiences, may exert a stronger influence on how Generation Z manages stress.

Neglectful parenting demonstrated a weak yet significant association with problem-focused coping. This pattern may reflect compensatory independence, where individuals who receive limited emotional support from caregivers develop self-reliant problem-solving tendencies as an adaptive response.

Overall, three out of the eight proposed hypotheses were supported, while five were rejected. These findings reaffirm that parenting style alone is not a dominant predictor of coping strategies, especially for Generation Z. Coping

development appears to be shaped by contemporary developmental demands, complex social environments, and digital-age stressors. Therefore, understanding coping in modern youth requires considering broader contextual influences beyond family dynamics alone.

The study highlights the importance of acknowledging generational and sociocultural shifts when examining the relevance of classical parenting theories. Practically, the findings emphasize the need for parenting literacy that integrates emotional presence, consistent structure, and adaptive communication to support the development of healthier coping capacities in Generation Z.

The findings of this study have several practical implications for parents, educators, counselors, and Generation Z individuals. For parents, the results underscore the importance of fostering parenting practices that balance appropriate behavioral guidance with emotional warmth and responsiveness. Although authoritarian parenting was the only parenting style significantly associated with both problem-focused and emotion-focused coping, the findings should not be interpreted as endorsing highly controlling parenting practices. Rather, they highlight the importance of creating supportive family environments in which clear expectations are accompanied by open communication, emotional validation, and consistent guidance to facilitate the development of self-regulation and adaptive coping skills in young people.

For educators and counselors, the findings provide an empirical basis for developing psychoeducational and counseling interventions aimed at strengthening coping capacities and psychological resilience among Generation Z, particularly in school and university settings. Programs that integrate stress-management techniques, problem-solving training, emotional literacy, and self-regulation skills may help students respond more adaptively to the academic, interpersonal, and digital stressors that characterize emerging adulthood. Such interventions may also complement family-based efforts by providing additional psychosocial resources that support healthy coping development.

The findings also have implications for Generation Z individuals themselves. Reflecting on how early family experiences may shape responses to stress can promote greater self-awareness and encourage the adoption of more balanced coping strategies. Developing effective problem-solving abilities while strengthening emotional regulation skills may enhance psychological well-being and resilience in the face of contemporary challenges. Where appropriate, participation in counseling services, mental health programs, or stress-management workshops may further support the development of adaptive

coping competencies.

Future research should employ larger and more diverse samples to improve the generalizability of the findings across different cultural and demographic contexts. Incorporating additional variables, such as social support, academic stress, attachment patterns, emotional well-being, personality characteristics, and social media exposure, may provide a more comprehensive understanding of the mechanisms linking parenting experiences to coping strategies. Furthermore, longitudinal and mixed-methods designs are recommended to capture developmental changes over time and to generate deeper insights into the complex psychological processes underlying coping development among contemporary young adults.

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