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The Relationship between Toxic Parents and Adolescent Mental Health at SMAN 1 Limboto

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Abstract. *Adolescent mental health is an important issue that requires attention. Mental health disorders in adolescents can be a significant factor in limiting their opportunities for a better quality of life in adulthood. One contributing factor to adolescent mental health issues is toxic parenting, where parents treat their children disrespectfully as individuals. This research aims to examine the relationship between toxic parents and adolescent mental health at SMAN 1 Limboto. The research employs a quantitative approach with a cross-sectional design involving 163 adolescent respondents (students) from SMAN 1 Limboto. Data were analyzed using the Spearman rank correlation test. The results indicate that the majority of adolescents at SMAN 1 1 Limboto experience a low level of toxic parenting, with 108 respondents (66.3%) falling into this category. Additionally, most adolescents have normal mental health, with 93 respondents (57.1%). The Spearman rank test results show a correlation between toxic parents and adolescent mental health at SMAN 1 Limboto, with a correlation coefficient of 0.559, indicating a moderate positive relationship. This means that as toxic parenting decreases, adolescent mental health also declines. Therefore, it is recommended that parents who engage in such behaviors cease them, as they can negatively impact their children's mental health.*

Introduction

Adolescence is a developmental phase between childhood and adulthood. Adolescence is divided into three stages, namely early adolescence at the age of 12 to 15 years, middle adolescence (intermediate) from 15 to 18 years old, and late adolescence from 18 to 21 years old (1). During adolescence, a person can experience a number of physical and mental changes, one of which is psychological changes caused by the tendency of the adolescent to defy any rules that limit his freedom. Adolescence is also referred to as a time of rebellion. During this period, children who have just reached puberty often show various emotional turmoil, withdraw from the family, experience many problems at home, school, and socializing with peers (2), this can affect the mental health of adolescents.

Mental health is a condition in which an individual does not experience feelings of guilt towards himself, and has a realistic estimate of himself and can accept his own shortcomings or weaknesses, has the ability to deal with problems in his life, has satisfaction in his social life, and has happiness in life (3). According to the Mental Health Law No. 18 of 2014, Mental Health is a condition in which an individual can develop physically, mentally, spiritually and socially so that the individual is aware of his or her own abilities, can overcome pressure, can work productively, and is able to contribute to his community.

Mentally healthy means a state regardless of mental, emotional, or depression, and others. WHO noted that nearly one billion people around the world experience some form of mental health disorder. In 2019, as many as 970 million people worldwide were reported to be living with mental disorders The most common ones experienced are anxiety and depression disorders (4). The results of the analysis conducted nationally showed that the prevalence of the population experiencing mental and emotional disorders at the age of ≥ 15 years was 9.8% with 37,728 subjects being analyzed. Of the 34 provinces in Indonesia, Gorontalo Province is in second position at 19.8%. Meanwhile, the prevalence of depression in the population aged ≥ 15 years nationally is 6.1% and Gorontalo Province is in the second largest position in the prevalence of depression in the population ≥ 15 years old, which is 10.0% (5).

According to research by Hidayah et al., (2023), adolescents are the most vulnerable phase to mental health problems. Various things can cause mental health problems in adolescents. Such as biological, psychological, and social changes that can be a risk or protective factor against the emergence of mental health problems in adolescents. Therefore, detecting mental health problems is very important to prevent mental health problems that can affect the quality of life of adolescents (6).

Mental health is often a serious issue among adolescents. The issue of stress and depression is increasingly heard coming from the teenager. In fact, it is not uncommon for some teenagers to become prone to suicide because their parents do not recognize this mental health from the beginning. That's why, as parents, you need to recognize mental health problems from the time children are toddlers. Parents need to pay attention to a number of factors that affect their child's psychological health. For example, parenting factors, environment, parental attention, how to communicate and how to give affection. If mental health has not been paid attention to since childhood, it is possible that later the child will experience mental disorders, so that the child does not experience family trauma. Children who have experienced family trauma can also due to the problem of Toxic parents (7).

Toxic parents are parents who do not respect and treat their children in an unfair way. They commit various acts of violence against their children and even make their psychological and mental health disturbed. Toxic parents also do not want to compromise, take responsibility, or apologize to their children (7) Toxic parents are parents who always force their children to do what they want so that this situation creates an unsafe environment for children, both emotionally and in communication.

SMA Negeri 1 Limboto is one of the high schools in Gorontalo Province. In the results of interviews conducted by researchers on 6 students, 4 students said that their parents often compared themselves to others, while 2 students said that their parents always behaved harshly towards them and often vilified them in public.

Method

This study is a quantitative research with a cross-sectional design and univariate analysis. The research was conducted at SMA Negeri 1 Limbto, covering classes X, XI and XII, on November 13-14, 2024. The purpose of the study was to find out the relationship between toxic parents and adolescent mental health. The research population is adolescent students of SMAN 1 limboto with a total of 1,087 students. The sampling technique uses "simple random sampling", producing a representative sample of the population. Data collection using a questionnaire consisting of: Respondent Identity, including age, gender, class. SDQ (strength and difficulties questionnaire) included an instrument with 25 questions to measure mental health in adolescents and for toxic parents using a questionnaire in the Wimarangga 2022 study consisting of 25 questions to measure toxic parents. Filling out the questionnaire is carried out directly after receiving the respondent's approval. The answers were adjusted to the score rules of each questionnaire for quantitative analysis. Data processing and analysis procedures at the data processing stage include, Editing: Examination and improvement of data from questionnaires. Coding: Converting qualitative data into numbers. Data Entry: Enter data into the computer using the SPSS application. Cleaning: Verify data to ensure accuracy. Then, univariate analysis was performed to describe the properties of each variable, such

as adolescent characteristics. The results of the analysis were presented with a significance level of 5% (0.05).

Results

Respondent Characteristics

Table 1. Frequency distribution of respondents by age

No	Age	Frequency (N)	Percentage (%)
1	15 years	51	31,3%
2	16 years	64	39,3%
3	17 years	48	29,4%
Total		**163**	**100**

Source : Primary Data, 2024

Based on table 1, it shows that out of 163 respondents, the majority of respondents are 16 years old.

Table 2. Frequency distribution of respondents by gender

No	Gender	Frequency (N)	Percentage (%)
1	Male	61	37,4%
2	Female	102	62,6%
Total		**163**	**100**

Source : Primary Data, 2024

Based on table 2, it shows that the majority of respondents are female.

Univariate Analysis

Table 3. Frequency distribution of respondents based on *toxic parents*

No	*Toxic Parents*	Frequency (N)	Persentage (%)
1	Low	108	66,3%
2	Medium	55	33,7%
Total		**163**	**100**

Source : Primary Data, 2024

Based on table 3, it shows that the majority of the 163 respondents have toxic parents in the low category.

Table 4. Frequency distribution of respondents based on mental health

No	Mental Health	Frequency (N)	Persentage (%)
1	Normal	93	57,1%
2	Borderline	70	42,9%
Total		**163**	**100**

Source : Primary Data, 2024

Based on table 4, it shows that the majority of the 163 respondents have mental health in the normal category.

Table 5. Distribution of mental health categories

Category	Frequency (N)	Persentage (%)
Problem Emotional		
Normal	162	99,4%
Borderline	1	0,6%
Abnormal		
Behavioral Problems		
Normal	160	98,2%
Borderline	3	1,8%
Abnormal		
Hiperactivity		
Normal	152	93,3%
Borderline	11	6,7%
Abnormal		
Friend Problems		
Normal	121	74,2%
Borderline	41	25,2%
Abnormal	1	0,6%
Prosocial		
Normal	98	60,1%
Borderline	29	17,8%
Abnormal	36	22,1%

Source : Primary Data, 2024

Based on table 5, it shows that there are more emotional problems in adolescents in the normal category than in adolescents with borderline and abnormal emotional problems. Adolescents with emotional problems in the normal category were 162 respondents (99.4%), while the rest were included in the borderline category as many as 1 respondent (0.6%). In the normal category of behavior problems, adolescents with normal category behavior problems were 160 respondents (98.2%) and the rest were included in the borderline category as many as 3 respondents (1.8%). In the normal category of hyperactivity problems, adolescents with hyperactivity problems in the normal category were 152 respondents (93.3%) while the rest were included in the borderline category as many as 11 respondents (6.7%). In the normal category peer problems, adolescents with peer problems in the normal category were 121 respondents (74.2%), in the borderline category as many as 41 respondents (25.2%) and the rest were included in the abnormal category as many as 1

respondent (0.6%). Then in the prosocial normal category there were more than 98 respondents (60.1%), in the borderline category as many as 29 respondents (17.8%) and the rest in the abnormal category as many as 36 respondents (22.1%).

Bivariate Analysis

Table 6. Test results *spearman's rank*

Spearman's rho		***Toxic Parents***	**Mental Health**
Toxic Parents	Correlation Coefficient	1	.559**
	Sig.(2- tailed)		,000
	N	163	163
Mental Health	Correlation Coefficient	.559**	1
	Sig.(2-tailed)	,000	
	N	163	163

Source : Primary Data, 2024

Based on table 6 significance 0.00. Based on the test rules, if the significance is <0,05, His is accepted and His rejected. On the other hand, if the significance is >0.05, then H is rejected and His accepted. So it can be interpreted that there is a significant relationship between toxic parents and adolescent mental health.

Results of spearman's rho analysis shows a correlation coefficient of 0.559, which is in the range of the coefficient of 0.400,599 which is included in the medium level. This shows that the close relationship between toxic parents is moderately correlated with adolescent mental health. The (+) correlation number shows a one-way relationship, which means that when toxic parents increase, adolescent mental health will also increase, and vice versa if toxic parents decrease, mental health also decreases.

Table 7. The relationship between toxic parents and adolescent mental health

No	***Toxic Parents***	**Mental Health**				**Sum**	
		Borderline		Normal			
		N	%	N	%	N	%
1	Low	17	10,4	91	55,8	108	66,3
2	Medium	53	32,5	2	1,2	55	33,7
Total		**70**	**42,9**	**93**	**57,1**	**163**	**100**

Source : Primary Data, 2024

Based on table 7, it shows that 70 students have mental health in the borderline category, it was found that as many as 53 respondents (32.5%) were indicated to have toxic parents in the moderate category, then as many as 17 respondents (10.4%) were indicated to have toxic parents in the low category. Meanwhile, in 93 students who had mental health in the normal category, it was found that as many as 91 respondents (55.8%) were indicated to have toxic parents in the low category, while the remaining 2 respondents (1.2%) experienced toxic parents in the medium category.

Discussion

Toxic Parents

Based on the results of a study conducted at SMA Negeri 1 Limboto with 163 respondents, the results showed the results of toxic parents in the low category as many as 108 respondents (66.3%), while 55 respondents (33.7%) were included in the medium category. These results show that most of the adolescents of SMA Negeri 1 Limboto experience toxic parents with a low category.

The low level of toxic parents in adolescents at SMA Negeri 1 Limboto which reached 108 respondents (66.3%) at SMA Negeri 1 Limboto can be seen from the respondents' answers to the toxic parents questionnaire. In the questionnaire, the majority of respondents stated that they did not agree with the statement "parents always criticize everything I do" where this statement is one of the indicators of criticizing children too often and not allowing children to express their opinions. According to Behren and Gerien (2012), parents almost always criticize everything that children do and do not trust children to be able to do things correctly. In the statement with this indicator, it shows that the majority of respondents do not experience parents who always criticize everything they do, which means that respondents do not experience toxic parents so that they can do something without pressure. This is in line with the theory of Forward (2002) which says that one aspect of toxic parents is parents who use violence communicated through words such as insults, criticism, and ridicule against children known as psychological or verbal violence (8). This opinion is supported by research by Meidalinda et al (2024) which researches the picture of verbal violence by parents against children in Indonesia. The research method used was a literature study, the results obtained found that the form of verbal violence is all speech that has a negative meaning. Meanwhile, the impact that occurs on children is delayed development, trauma, decreased self confidence and aggressive behavior (9).

Furthermore, as many as 55 respondents (33.7%) at SMA Negeri 1 Limboto were in the

medium category. Based on the results of the research on the toxic parents questionnaire, as seen in the questionnaire, the majority of respondents stated that it was not in accordance with the statement "I have never been compared to others" where this statement was included in one of the indicators of comparing and talking about the bad of children. According to Behren and Gerien (2012), comparing and talking about children's ugliness is an individual's need to be appreciated and accepted by others or the environment. Likewise, every child must have a need to be appreciated and accepted by their parents unconditionally, regardless of the child's condition. This is in line with the theory of Woolfson (2003), stating that no child likes to be compared to anyone even though he is his own siblings, so this can reduce children's self-confidence This is in line with the research of L. octania (2022) which examines the relationship between verbal violence carried out by parents and the confidence of early adolescents at school in vocational school students. The study involved 171 students and obtained correlation results of – 0.387 and siq p 0.000 (10). That there is a relationship between verbal violence and self-confidence in adolescents at the vocational school. So the higher the verbal violence, the lower the self confidence.

Mental Health

Based on the results of the research conducted at SMA Negeri 1 Limboto with 163 respondents, it showed mental health results in the normal category, namely 93 respondents (57.1%) and mental health respondents in the borderline category, namely 70 respondents (42.9%) These results show that most of the adolescent students of SMA Negeri 1 Limboto have mental health in the normal category.

The results showed that as many as 93 respondents (57.1%) were in the normal category. If you look at the strength and difficulties questionnaire (SDQ), it shows that the majority of respondents stated that it was not true with the statement "I feel a lot anxious or worried about anything", where this statement is included in the indicator of emotional symptoms. Emotional symptoms are a person's inability to be characterized by feelings and thoughts that are not in accordance with age, culture and ethics that can have a negative impact. This is in line with the theory of Veit and Ware (1983), mental health is a condition in which individuals can manage life pressures such as stress, anxiety, and negative behaviors, and is related to the individual's ability to present positive emotions such as happiness and happiness and have meaningful emotional relationships with others (11). This opinion is supported by research by Florensa et al (2023) which researches the picture of adolescent emotional mental health. This study is quantitative and obtained the emotional mental health of the respondents in the normal category, this shows that adolescents have the ability to control when experiencing problems (12).

Furthermore, as many as 70 respondents (42.9%) at SMA Negeri 1 Limboto have mental health at the borderline level. If you look at the strength and difficulties questionnaire (SDQ), it shows that the majority of respondents stated that they were correct in the statement "I finish the work I am doing, I have a good attention to anything", this statement is included in the hyperactivity indicator. Hyperactivity is an act that is difficult to be silent, not paying attention to friends and the environment and doing actions as they please, behaviors that usually arise, one of which is not being able to sit still and being too restless. This is in line with the theory of Susrurin (2004), who said that one of the principles in mental health is interest in tasks and work, where this is characterized by the individual's ability to complete work (13). This opinion is supported by research by Putri and Anna (2024) which examines the relationship between mental health and daily activities. This study is quantitative, from this study it was found that there is a significant correlation between the level of mental health and the level of involvement in daily activities. Respondents with good mental health tended to have higher levels of daily activity, while those with poor mental health experienced a decrease in regular activity engagement (14).

Toxic Parents Relationship with Mental Health

Based on the results of the study, it was found that as many as 93 students who had mental health in the normal category, it was found that as many as 91 respondents (55.8%) were indicated to have toxic parents in the low category, while the remaining 2 respondents (1.2%) experienced toxic parents in the medium category. Meanwhile, 70 students had mental health in the borderline category, it was found that as many as 53 respondents (32.5%) were indicated to have toxic parents in the

medium category, then as many as 17 respondents (10.4%) were indicated to have toxic parents in the low category.

The results of the study showed that the majority of respondents, namely 91 respondents (55.8%) had low toxic parents with normal mental health. The results of the study show that toxic parents have an effect on mental health, Where toxic parents are one of the factors for adolescent mental health. This is in line with research by Rahmawaty et al (2022) who found that toxic parents are a factor that affects the mental health of adolescents, where when toxic parents' behavior is low, adolescents do not experience mental health disorders. On the other hand, if toxic parents in adolescents tend to be high, problems can arise for mental health (15).

Furthermore, as many as 2 respondents (1.2%) had moderate toxic parents with normal mental health. In this study, it is known that the respondents are male. According to the theory of Holzingger et al (2021), gender is a factor that can affect an individual's knowledge and attitude towards mental health (16). This is in line with research by Wilujeng et al (2023) which found that women have higher scores for anxiety and depression when compared to men, this is because men find it more difficult to acknowledge the mental problems experienced and tend to be expressed in the form of aggressive behavior, antisocial personality and drug abuse, while women have more sensitive emotional traits and tend to internalize the problems experienced so that more prone to anxiety and depression (17).

Then as many as 53 respondents (32.5%) had moderate toxic parents with borderline mental health. The results of the study show that toxic parents have an effect on the mental health of adolescents, where the higher the toxic parents, the higher the level of mental health that will be experienced by adolescents. This is in line with research by Chairunisa (2021) which found that the higher toxic parenting experienced by children, the higher the emotional behavior experienced (18)..

The results of the study also showed that as many as 17 respondents (10.4%) had low toxic parents with borderline mental health. Based on the results of the study, it was found that some respondents with low toxic parents still experienced mental health. According to the researcher's assumption, even though the toxic parents owned by the respondents were in the low category, there were other factors that also caused mental health disorders such as the surrounding environment. This can be seen in the SDQ questionnaire's statement that "I would rather be alone than with people my age" where some respondents felt that this was true. This is in line with the research of Supini P et al (2024) which examined factors that affect mental health in adolescents using survey and interview research methods. The results of the study identified that the surrounding environment, especially school and peers have a significant impact on adolescent mental health (14).

Conclusions

Toxic Parents in adolescent students of SMA Negeri 1 Limboto with the category low with a total of 108 respondents (66.3%), while 55 respondents (33.7%) were in the medium category.

Mental health in adolescent students of SMA Negeri 1 Limboto with the normal category with a total of 93 respondents (57.1%), and with the borderline category with a total of 70 respondents (42.9%).

There was a relationship between toxic parents and the mental health of adolescent students of SMA Negeri 1 Limboto with the results of a statistical test using the spearman rank test obtained a p value = 0.000 (means p value < α=0,05).

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