Journal of Social Welfare and Community Development (SOWEL)
Vol. 3 No. 1, February 2026: 1-10
E-ISSN : 3089-5863
https://ejournal.bacadulu.net/index.php/sowel

The Effect of Parenting Styles on Prosocial Behavior in Adolescents: A Study of Batak Families in Jakarta

Diana Christiany Malau[1*], Siti Hilmah[2], Triana Indrawati[3], Anizar Rahayu[4]
[1,2,3,4] Universitas Persada Indonesia YAI, Jakarta, Indonesia

(*) Corresponden Author: diana.2466290001@upi-yai.ac.id

Article Info:

Keywords:
Parenting Styles;
Prosocial Behavior;
Batak Families;

Article History:
Received : 23-12-2025
Revised : 10-02-2026
Accepted : 17-02-2026

Article DOI :
https://doi.org/10.70550/sowel.v3i1.207

Abstract

This study aims to analyze the influence of parenting styles on the prosocial behavior of Batak adolescents in Jakarta. The background of this study is based on the phenomenon of shifting parenting values in Batak families living in urban environments, where traditional values such as Dalihan Na Tolu interact with modern and individualistic lifestyles. The research approach used is quantitative associative with a survey method, involving Batak adolescents aged 13–18 years living in the Jakarta area as respondents. Data were obtained through the distribution of questionnaires with a likert scale and analyzed using simple linear regression tests. The results of the study indicate that parenting styles have a significant influence on the prosocial behavior of adolescents, contributing 43.5%, while the remaining 56.5% is influenced by other external factors such as the school environment, peer groups, and social media. These findings indicate that an authoritative parenting style that balances discipline and warmth is the most effective parenting style in shaping the prosocial behavior of Batak adolescents in urban areas. Meanwhile, the authoritarian parenting style that is still commonly found in traditional Batak families tends to reduce the level of empathy and social participation among adolescents.

How to cite : Malau, D. C., Hilmah, S., Indrawati, T., & Rahayu, A. (2026). The Effect of Parenting Styles on Prosocial Behavior in Adolescents: A Study of Batak Families in Jakarta. *Journal of Social Welfare and Community Development*, *3*(1), 1-10. https://doi.org/10.70550/sowel.v3i1.207

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INTRODUCTION

Adolescence is a stage of human development between childhood and adulthood that is characterized by various changes, including physical, cognitive, emotional, and even social changes. According to the World Health Organization (WHO), adolescence is defined by three criteria, namely biological, psychological, and socio-economic (Aeni Rahmawati, 2023). Adolescence is a period when moral identity and prosocial behavior are developing and are influenced by interactions between genetic, biological, environmental, and social factors (Santrock, 2011). Thus, it can be concluded that

adolescence is a crucial phase in a person's life that plays an important role in the formation of identity, moral values, and social behavior.

Amidst the rapid development of technology today, the abilities and knowledge of teenagers are indeed increasing. Access to various information through the internet, social media, and digital devices provides opportunities for teenagers to learn independently, be creative, and develop their potential according to their interests and talents. However, on the other hand, technological advances also have negative impacts that cannot be ignored. Phenomena such as character degradation, decline in moral values, and reduced direct social interaction are beginning to appear among teenagers. Many of them prefer to spend time in the virtual world rather than interacting in real life with their families and surroundings. This situation shows that technology is like a double-edged sword; it can be a means of self-development as well as a threat to character building if not handled wisely. Therefore, various efforts are needed to balance the use of technology with the character building of teenagers, one of which is through the application of appropriate parenting models by parents.

Parenting is the way parents use to guide or educate their children so that they grow up well physically and mature mentally. According to Baumrind, parenting styles are a reflection of the attitudes and behaviors of parents and children in the process of interaction and communication during parenting activities. In this process, parents give attention, set rules, apply discipline, give rewards and punishments, and respond to children's needs. All behaviors, and habits of parents will be observed, assessed, and imitated by children, which will then consciously or unconsciously form habits in children.

The Ministry of Education and Culture of the Republic of Indonesia (2016) revealed that the interaction process that occurs between parents and children in an effort to support physical, emotional, social, intellectual, and spiritual development takes place from when a child is in the womb until adulthood. This means that parenting is a pattern of interaction between children and parents that includes meeting physical and psychological needs, as well as socializing the norms that apply in society.

Parenting styles significantly influence children's potential development and character formation (Rachmaniar,2022). Children who are raised with love, unconditional acceptance, and given the freedom to try new things under proper supervision tend to grow up confident and able to develop their potential optimally. Conversely, children who are raised in a restrictive manner, without the opportunity to explore and without being given trust, are at risk of growing up to be less confident individuals. This condition can certainly hinder the development of a child's potential, make it difficult for them to build interactions with others, and cause them to lack empathy or the desire to help those them.

Prosocial behavior is an action performed by an individual that benefits others and ultimately influences social interactions. Sears defines prosocial behavior as any form of action performed or planned to help others without regard to the helper's motives (David O. Sears, 2022). Prosocial behavior is an important component in adolescent social development that contributes to healthy social interactions and long-term psychological well-being (Eisenberg et al., 2006). Thus, based on the definitions put forward by experts, it can be concluded that prosocial behavior is a voluntary action taken by individuals to help or benefit others based on empathy, social concern, and commitment to positive social norms, without expecting personal rewards. This behavior plays an important role in strengthening social relationships and forming a caring and inclusive society.

In this highly complex era, prosocial behavior is still very much needed by individuals in rural, transitional, and urban areas. However, based on research findings,

the prosocial behavior of adolescents in urban areas such as Jakarta shows an alarming trend. Although some adolescents still show empathy and concern for others, the intensity and consistency of this behavior tends to decline. This is due to various complex and competitive urban environmental factors. In addition, the pressure to achieve academic success, family economic demands, and exposure to consumerist and hedonistic culture on social media are part of the dynamics that influence adolescent social behavior. This statement is in line with the results of research conducted by Eisenberg & Fabes (1998), which shows that the development of prosocial behavior in adolescents is greatly influenced by environmental factors, including academic and social pressures.

Research conducted by several educational and developmental psychology institutions shows that teenagers in Jakarta spend more time in the digital space than in direct social interaction. Online activities, which were originally expected to be a means of connectivity, often lead to social isolation and low empathy. Nikmah (2019) found that social media, which is full of competitive content and self-image, encourages a tendency to focus on personal achievement rather than social contribution. In addition, the weak involvement of adolescents in community or social organization activities also contributes to the decline in prosocial behavior. In an urban context, social activities are often seen as secondary activities that are less important than academic or professional achievements.

In addition, based on information published in Kompas on September 2, 2021, today's teenagers tend to be more preoccupied with creating and consuming personal content on social media. These digital activities often focus on self-image and personal entertainment rather than meaningful social engagement. As a result, many teenagers believe that the responsibility to disseminate important information or take social action has become the role of others who are more active in the virtual world. This phenomenon has implications for the declining tendency of teenagers to engage in prosocial behavior in the digital space, such as providing moral support, disseminating positive information, or participating in online social movements.

In the context of Indonesian culture, particularly in families with a Batak ethnic background, child-rearing patterns tend to be influenced by patriarchal values, strong religiosity, and a collective kinship structure (Situmorang, 2019). Parenting patterns that emphasize respect for parents, family responsibility, and a spirit of mutual cooperation theoretically have great potential in encouraging the formation of prosocial behavior in children. However, in an urban context such as Jakarta, Batak migrant families face major challenges in maintaining these cultural values. The individualistic lifestyle of big cities, high mobility, and limited time and space for interaction between members of extended families are obstacles to the implementation of parenting patterns that ultimately reduce children's prosocial behavior. In addition, the process of adapting to urban life often requires compromises between traditional values and the demands of modernity. This can cause a shift in parenting styles from those based on community and collective values to those that are more pragmatic and oriented towards individual achievement. Without a dialogical and transformative approach to parenting, adolescents experience confusion about values and a decline in empathy towards their social environment.

Although Batak cultural values have great potential to encourage prosocial behavior, studies on how Batak ethnic parenting is carried out in the context of urban life and its influence on prosocial behavior in adolescents are still very limited. The change in environment from rural or homogeneous communities to multicultural urban environments, such as Jakarta, can affect the way Batak parents apply their parenting patterns. In urban conditions, parents are often faced with the challenges of modernity,

e-ISSN: 3089-5863

time constraints due to work demands, and intense cross-cultural interactions, which have the potential to modify or even shift traditional parenting practices that have been passed down. This phenomenon is interesting and important to study further, given that the family, as the smallest unit in society, has a significant influence on the formation of adolescents' character and social behavior. Based on this explanation, this study focuses on understanding the correlation between the parenting patterns of Batak parents in urban environments and the development of prosocial behavior in adolescents, particularly in Jakarta, a city with complex social, economic, and cultural dynamics.

LITERATURE REVIEW

Definition of Parenting Style

Parenting style is one of the fundamental factors that determine a child's personality development. Conceptually, parenting style is defined as a pattern of interaction between parents and children that includes how parents express affection, provide guidance, set rules, and discipline children in their daily lives. In other words, parenting is not only a form of controlling children's behavior, but also reflects the values, norms, and expectations of parents for their children's future. Santrock (2011) states that parenting is the interaction between parents and children in caregiving activities that influence children's behavior, both positively and negatively. Steinberg states that what parents instill in their adolescent children through parenting patterns will shape the behavioral independence of adolescents emotionally, behaviorally, and in terms of values (Shania & Fitri, 2021).

According to Baumrind, there are three categories of parenting styles, as follows:

1. Authoritative
   This style is characterized by a combination of affection, two-way communication, and consistent supervision, where parents set boundaries but are also flexible in listening to their children's aspirations.
2. Authoritarian This parenting style emphasizes strict discipline, absolute obedience, and high control, where parents show limited affection, often making children feel pressured.
3. Permissive
   Parents who apply a permissive parenting style tend to give their children too much freedom without clear boundaries and low control over their children. As a result, children grow up to be less disciplined and have weak self-control.

Of the three patterns, the authoritative pattern is consistently viewed as the most adaptive because it strikes a balance between providing affection and setting rules. In the context of adolescent development, the authoritative parenting pattern has been shown to encourage the development of independence, responsibility, and better prosocial behavior (Darling & Steinberg, 1993; Eisenberg et al., 2006).

Beside it, authoritative parents are highly responsive and highly demanding; they are warm and responsive to the child’s needs, offer clear rules and expectations while encouraging autonomy (Wong et al., 2020).

Batak Cultural Values and Characteristics in Parenting

Batak culture has strong characteristics in family structure and child-rearing patterns. Traditionally, Batak families adhere to a patrilineal system, where lineage is traced from the father's side. This implies a dominant role for the father as the head of the family, while the mother plays a major role in the daily education and upbringing of

 https://doi.org/10.70550/sowel.v3i1.207

e-ISSN: 3089-5863

the children (Simanjuntak, 2018). In Batak families, boys have an important position in continuing the family line, so they are expected to take responsibility for continuing the lineage. The main values in Batak culture include:

1. Religiousness
   The majority of Batak people adhere to Protestant Christianity or Catholicism, with church teachings influencing their daily lives. This religiousness plays a major role in shaping morals and ethics within the family.
2. Kinship Solidarity (Dalihan Na Tolu).
   This concept emphasizes the reciprocal correlation between *hula-hula* (the giver of a wife), dongan tubu (blood relatives), and boru (the receiver of a wife). This value fosters a sense of social responsibility within the extended family.
3. Discipline and Obedience
   Batak children are taught from an early age to respect their parents, work hard, and not break family rules.
4. Education and Success
   Batak families generally emphasize the importance of education as the path to success, so parenting styles are often associated with high academic demands.

Prosocial Behavior in Adolescents

Humans are social creatures who always need interaction with others in their lives. Therefore, prosocial behavior needs to be instilled from an early age, including in adolescents. According to the Big Indonesian Dictionary (KBBI, 2016), adolescents are people who are reaching adulthood, namely those aged between 13 and 18 years. During

Hurlock (in Steinberg, 2020) explains that adolescence is characterized by several distinctive features, including rapid physical changes, emotional instability, and a tendency to search for one's identity. In addition, adolescents begin to have a need for independence, are more influenced by their peer groups, and experience cognitive development that enables them to think abstractly, critically, and logically. With these various changes, adolescence can be said to be a complex transition period from childhood to adulthood. Therefore, instilling prosocial behaviors such as empathy, caring, and cooperation is very important so that adolescents can grow and develop into mature individuals, both emotionally and socially.

Prosocial behavior is defined as voluntary actions aimed at helping others, benefiting others, or improving social welfare, such as sharing, helping, cooperating, and showing empathy (Eisenberg & Fabes, 1998). This behavior is important for adolescent social development because it contributes to the formation of moral identity, social integration, and the quality of interpersonal relationships. According to Baron & Byrne (2005), during adolescence, prosocial behavior is greatly influenced by several factors, including:

1. Parenting Style.
   Adolescents raised with an authoritative parenting style tend to exhibit higher levels of prosocial behavior because they are accustomed to open communication, empathy, and the consistent application of moral values (Carlo et al., 2010).
2. Religiosity and Culture.
   Religious values in Batak society, such as the Christian teaching of love, can encourage adolescents to help others (Vassilis Saroglou, 2011).
3. Social Environment.
   Schools, churches, and peer communities are important arenas for adolescents to practice prosocial behavior (Carlo & Randall, 2002).

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4. Emotional Maturity.
   Adolescents with good emotional regulation tend to be able to understand other people's feelings and act prosocially.

Eisenberg et al. (2006) emphasize that prosocial behavior does not only arise from internal factors such as empathy, but is also greatly influenced by the parenting context. Authoritative parenting, which balances emotional support and discipline, has been shown to encourage the development of empathy, social responsibility, and respect for others.

In the context of Batak adolescents, the influence of a strong kinship culture (Dalihan Na Tolu) and religious values can be important social capital in fostering prosocial behavior. Batak adolescents who are accustomed to living in large families with intense social relationships will be more trained in showing helpfulness and concern for others.

The Correlation Between Parenting Styles and Prosocial Behavior

The correlation between parenting styles and prosocial behavior has been extensively studied in developmental psychology literature. In general, authoritative parenting styles have been consistently shown to be positively associated with prosocial behavior in adolescents (Darling & Steinberg, 1993; Eisenberg et al., 2006). This is because authoritative parents not only emphasize discipline, but also encourage children to understand the moral reasons behind rules.

In an authoritative parenting style, parents model empathy, teach social responsibility, and open up dialogue with their children. This allows children to internalize moral values not because of coercion, but because of self-awareness. As a result, children are better able to consistently develop prosocial behavior in various contexts.

Conversely, authoritarian parenting tends to produce superficial obedience. Children may be obedient, but only because they fear punishment, not because of moral awareness. Permissive parenting can foster affection, but lacks discipline so that children do not learn social responsibility. Meanwhile, neglectful parenting carries a high risk of reducing the quality of social development because children feel neglected.

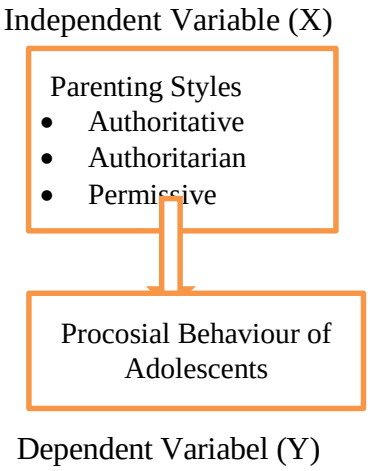
In Batak culture, although authoritarian parenting is quite deeply rooted, there are indications that a transition to authoritative parenting is beginning to develop, especially in urban areas. Formal education and church teachings encourage parents to be more open in dialoguing with their children. This has positive implications for the prosocial behavior of Batak youth, as they not only learn discipline but are also trained to understand the importance of empathy, solidarity, and social responsibility.

Thus, it can be concluded that parenting styles serve as a bridge connecting cultural values, religiosity, and the formation of prosocial behavior in adolescents. Batak families who are able to combine traditional values with modern authoritative parenting styles have greater potential to nurture a young generation that is prosocial, religious, and adaptive to the challenges of the times.

Based on the explaination above, this study proposes that parenting style is an important predictor of adolescents' prosocial behavior. Parenting styles characterized by warmth, responsiveness, and appropriate control (authoritative parenting) are expected to promote higher levels of prosocial behavior, whereas authoritarian and permissive parenting styles are expected to be less effective in fostering empathy, cooperation, and helping behavior. Therefore, this study examines the direct effect of parenting styles on the prosocial behavior of Batak adolescents living in Jakarta.

 https://doi.org/10.70550/sowel.v3i1.207

e-ISSN: 3089-5863



METHODS

This study used a correlational quantitative design with a survey approach. The study was conducted from June to September 2025 on Batak families living in Jakarta. The study participants were 100 adolescents aged 13–17 years who were active in church activities and lived with their Batak parents. The sampling technique used purposive sampling with the following inclusion criteria: Batak adolescents, living with parents, and aged 13–17 years. The research instruments used were the Parenting Style and Dimensions Questionnaire (Robinson et al., 2001) to measure parenting styles (authoritative, authoritarian, permissive); Prosocial Tendencies Measure (Carlo & Randall, 2002) to measure prosocial behavior in six dimensions (altruism, compliance, emotional, public, anonymous, and directional). Meanwhile, the data analysis techniques used were Pearson's correlation test and simple linear regression.

RESULT AND DISCUSSION

Result

This study used multiple linear regression analysis with the Ordinary Least Squares (OLS) method to determine the effect of Batak family parenting patterns on adolescent prosocial behavior. Based on the results of data processing using statistical software, a correlation coefficient (R) value of 0.435 was obtained, indicating that 43.5% of the variation in adolescent prosocial behavior was explained by the parenting style variable, while the remaining 56.5% was influenced by other factors outside the model, such as personality, cultural values, and social environment.

Furthermore, the t-test results showed that most of the parenting style indicator variables (PA1–PA29) had a significance value (p-value) < 0.05, so it can be concluded that

parenting style has a significant influence on adolescent prosocial behavior. However, the direction of the correlation between variables was not uniform. Some indicators show negative coefficients, which means that higher scores on certain indicators have the potential to reduce the level of prosocial behavior.

Indicators such as PA11, which are related to the application of discipline without emotional dialogue, show a significant negative correlation, indicating a tendency toward authoritarian parenting. This pattern focuses on obedience and control without giving children space to express their opinions or feelings, which can hinder the development of

e-ISSN: 3089-5863

empathy, caring, and social cooperation.

Conversely, indicators PA18 and PA29 show significant positive coefficients, which point to an authoritative parenting style, i.e., a pattern that balances discipline with emotional support. This shows that adolescents with parents who practice two-way communication, provide moral support, and maintain clear boundaries are more likely to exhibit prosocial behaviors such as helping, sharing, and respecting others.

Thus, empirical results show that differences in parenting styles in Batak families have a significant effect on adolescent prosocial behavior, where an authoritative style is more constructive than an authoritarian style. The moderate coefficient of determination ($R^2 = 0.435$) also shows that although parenting styles play an important role, there are other factors that contribute to the formation of adolescent social behavior.

Discussion

Correlation with Prosocial Behavior Theory

These findings are consistent with the prosocial behavior theory proposed by Eisenberg and Mussen (1989), which states that a person's prosocial behavior is influenced by internal factors (such as empathy, moral reasoning, and personality) and external factors (such as parenting, social environment, and culture). In this context, the research results showing that parenting contributes 43.5% reinforce the view that the family plays a fundamental role as the first agent of socialization that shapes children's social behavior.

Parenting patterns that instill values of responsibility, caring, and respect for others serve as the basis for the formation of prosocial behavior. This is also in line with Hoffman's (2000) view of inductive discipline, which is a parenting strategy that emphasizeschildren's understanding of the moral consequences of their actions, rather than simply punishing or prohibiting them. This approach allows children to internalize the values of empathy and social responsibility more deeply.

In the context of Batak culture, values such as “somba marhula-hula, manat mardongan tubu, elek marboru” contain strong prosocial messages. These expressions emphasize the importance of respect for elders, caution in relating to others, and empathy for others. However, the application of these values in family communication patterns is often still one-sided and hierarchical, so they are not fully effective in fostering prosocial behavior in modern adolescents.

Therefore, transforming communication styles from authoritarian to authoritative is an important step in preserving cultural values while also remaining relevant to the psychosocial development needs of children in the modern era. An authoritative parenting style can accommodate Batak values of respect for parents while also opening up space for constructive dialogue and empathy.

Contextual Interpretation: Batak Families and Modern Teenage Dynamics

The results of the study also reflect a shift in values between generations in Batak families, especially among adolescents growing up in urban environments such as Jakarta. Today's Batak adolescents face a cultural identity dilemma, living between two different value systems, traditional values that uphold hierarchy, and modern values that emphasize equality and freedom of expression.

In this context, the influence of parenting styles on prosocial behavior shows a weakening trend, which can be interpreted as a consequence of cross-cultural interactions and the globalization of values. Modern adolescents tend to be more open

 https://doi.org/10.70550/sowel.v3i1.207

to the concepts of universal empathy, social justice, and cross-cultural solidarity, which are often not fully in line with traditional parenting styles based on obedience.

In addition, the patriarchal system in Batak families where the father acts as the highest authority and the mother as the primary caregiver can create a rigid communication structure. If this approach is not balanced with open communication and emotional support, children may potentially experience difficulties in developing empathy, tolerance, and social skills. Therefore, adapting Batak cultural values through an authoritative communication approach is important to bridge the generation gap. This strategy allows families to maintain noble values such as respect and responsibility, but in a more dialogical, flexible manner that is in line with the social realities of today's youth.

CONCLUSION

Based on the above explanation, it can be concluded that

a. Parenting styles contribute 43.5% to prosocial behavior in adolescents, while the remaining 56.5% is influenced by other factors such as school environment, church community, peers, social media, and individualistic urban culture. These findings indicate that family parenting remains the main foundation, but it needs support from a conducive social environment in order for prosocial behavior to develop optimally.
b. The implications of this study emphasize the importance of transforming Batak family parenting patterns from traditional hierarchical forms to dialogical and participatory ones, without eliminating cultural values such as dalihan na tolu, which emphasizes respect, responsibility, and togetherness. Parents are expected to not only be figures of authority, but also models of empathy and open communication for their children. Thus, adolescents can internalize prosocial values more deeply and apply them in their daily lives, whether in the context of family, school, or society.
c. In the context of Batak culture, values such as dalihan na tolu, religiosity, and kinship solidarity remain important foundations in the parenting process. However, the dynamics of urban life in Jakarta require the adaptation of these traditional values so that they remain relevant and capable of fostering social sensitivity among adolescents amid the tide of modernity.

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