



The Influence of Parenting Styles on Children's Introverted Personalities

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Abstract

The tendency of children to have introverted personalities is influenced by the parenting styles of their parents within the family environment. This study aims to determine the influence of authoritarian, democratic, and permissive parenting styles on children's introverted personalities. The method used was a quantitative statistical approach through a Likert scale questionnaire administered to 12 parents who were selected as samples based on purposive sampling. Data analysis was performed using multiple linear regression with the help of the Statistical Package for the Social Sciences. The results showed that the three types of parenting styles did not have a significant effect on children's introverted personalities (significance value > 0.05). Authoritarian and permissive parenting styles showed a positive relationship, while democratic parenting showed a negative relationship with introverted tendencies, but this was not statistically significant. The results of this study indicate that the formation of a child's introverted personality is not only influenced by parenting styles, but also by internal factors such as innate temperament, as well as external factors such as the social environment, emotional experiences, and the surrounding culture, which also have a significant influence. Parenting styles should be based on gentleness, wisdom, and exemplary behavior as described in the letter of Luqman. Parents need to understand that introverted children are not to be corrected, but to be understood and guided with love. Therefore, a spiritual, reflective, and respectful approach to parenting is key in accompanying their growth and development.

INTRODUCTION

Personality is often interpreted as being the same as character, even though personality and character are two different things. Character is defined by the moral and ethical aspects of a person's behavior, reflecting their values and tending to be

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relatively stable. Examples include honesty, patience, fairness, responsibility, and so (Fikriyah et al., 2022; Nova & Widiastuti, 2019; Sahadi et al., 2022). Meanwhile, personality is defined as the behavior and thought patterns that are unique to an individual. Personality is dynamic and can be influenced by many factors, ranging from genetic factors, environment, life experiences, and social interactions. Personality has two parts, namely extroversion and introversion (Fatih, 2019; Karim, 2020; Kusumadinata & Hardiyanti, 2023; Silahudin, 2019).

In essence, every individual born into the world is different with their own characteristics. These differences are not only in physical and psychological aspects. Therefore, the emotions that exist in each individual cannot be separated from the individual's personality aspects. As is often heard, there are two personalities in individuals, namely extroverted and introverted personalities (Ana, 2024; Bahrudin, 2019; Ningsih & Awalludin, 2021; Subtinanda & Yuliana, 2023). Individuals with an introverted personality type tend to be quiet, shy, and feel uncomfortable in social situations. Individuals with an introverted personality type will open up to those around them, but this depends on the experiences of the individual.

This is in contrast to extroverts, who are open and easily socialize with their surroundings. Therefore, introverts need to make more effort to control and even develop their emotions when they feel uncomfortable. Introverts usually prefer activities that are not exciting and tend to be boring; they like routine activities with the same people. Introverts are more withdrawn and avoid situations around them that can make them uncomfortable. There is a growing perception in society that introverts are people who do not like to socialize with others. However, this assumption is not always true. In fact, people with introverted personalities can still socialize, even though they may appear shy. This is because introverts tend to process things internally and think before they speak, and they are more selective about what they choose to express to others and what they do not (Hazani, 2023; Masitoh et al., 2023; Masni et al., 2021; Saputri et al., 2024).

Personality is a pattern that can be seen from the way a person perceives something, builds relationships, or interacts with others. The way individuals with different personalities deal with problems or threats will also produce different dynamics. For example, pessimism or difficulty focusing is often experienced by individuals with introverted personalities, usually caused by analyzing many problems on their own, which leads to overthinking. Introverted personalities are often interpreted as weaknesses, lack of confidence, antisocial, shy, and unwilling to mingle. Society tends to view extroverted personalities more favorably (Adelia et al., 2024).

Personality is also often defined as prominent characteristics in individuals, such as children who are shy, reserved, energetic, or open. According to some people, personality is also a reflection of how an individual behaves, which creates an impression on others. Personality cannot be fully assessed with numbers because it is complex, multidimensional, and involves various aspects such as emotions, thought patterns, and behavior. One of the first factors in shaping personality is the family environment, so efforts to shape it are made from an early age because the formation of personality is influenced by the attitudes that are often experienced. Personality is formed when children are still young; children will hear and process information in their brains and imitate the actions they commonly see (Talibandang & Langi, 2021).

Parents are the center of their children's lives and also the first key in shaping their personalities, so every emotional reaction and thought of a child in the future is the result of their parents' upbringing (Engkizar et al., 2021; Hendri, 2019; Ngewa, 2019; Pertiwi et al., 2023; Syifa & Irwansyah, 2022). From this statement, it is clear that parents play a very important role in shaping a child's personality. Building a child's personality to be good starts from the family as the first environment where

children learn about values and behavior (Bariyah, 2019).

Parents can be role models by demonstrating positive attitudes such as honesty, patience, and empathy. Loving and open communication is very important to make children feel valued and accepted. In addition, giving children the opportunity to express their opinions, make simple decisions, and learn from their mistakes will help build their confidence and independence (Lathifah & Helmanto, 2019). Many parents mistakenly believe that introverts need to be corrected, so the parenting style they apply puts more pressure on the child's potential. Therefore, it is best for parents to understand how to use a good parenting style in order to shape their child's personality.

Parenting style is also an important factor in shaping a child's personality (Putri & Mujiati, 2022). The success of a child's personality development depends on the type of parenting style used by the parents. Therefore, it is important for parents to have knowledge about how to raise children from an early age, also known as parenting styles. There are three types of parenting styles: authoritarian, permissive, and democratic (Darmawanti, 2023). The ideal parenting style according to this verse is one based on Islamic values, where parents not only fulfill their children's physical needs but also their spiritual and emotional needs. Thus, children grow up to be individuals who are faithful, have noble character, and respect their parents (Kamal & Sassi, 2024). There is also a hadith that explains about parenting styles, namely:

عَنْ أَبِي هُرَيْرَةَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَا مِنْ مَوْلُودٍ إِلَّا يُولَدُ عَلَى الْفِطْرَةِ فَأَبَوَاهُ يُهَوِّدَانِهِ وَيَنْصَرِّغَانِهِ وَيُنَاصِرَانِهِ وَيَشْرِكَانِهِ

Meaning: "Every child is born in a state of fitrah; it is their parents who make them followers of Judaism, Christianity, or Majusi." (HR. Bukhari and Muslim).

This hadith, narrated by Abu Hurairah and recorded in Sahih Bukhari and Muslim, emphasizes that every child is born in a state of fitrah, which is a state of purity and inclination towards goodness. This fitrah reflects the basic human potential to know Allah and live a life in accordance with the values of goodness. However, the environment, especially parental upbringing, has a major influence in shaping a child's character, personality, and beliefs. This hadith reminds us that parental upbringing is a major factor in shaping a child's personality and beliefs. Parents have a great responsibility to preserve their children's fitrah through loving, fair, and educational parenting. By applying parenting styles that are in accordance with Islamic values, parents can help their children develop into pious individuals with noble character (Dasopang et al., 2022; Engkizar et al., 2024; Mudin et al., 2021; Satriyadi et al., 2022; Sundari & Muslih, 2023).

Each family has a different parenting style in guiding their children. Introverted personalities are often misunderstood as a weakness in a society that prioritizes extroverts. Many introverted children feel depressed due to unsupportive parenting styles. It is important for parents to understand how parenting styles affect the development of introverted personalities so that they can grow up with confidence (Yemmarotillah & I, 2021).

Based on previous research, it has been stated that parenting styles have a major influence on children's personalities (Afiyah & Alucyana, 2021). It has also been stated that parenting styles are very significant or extremely important and have a major influence on children's growth and development, whether they are democratic, authoritarian, or permissive parenting styles. A common problem in families is when parents only apply one parenting style, which can lead to an imbalance between parents and children, even if the style applied is democratic

(Hanum & Hanum, 2024). Sometimes parenting styles are often influenced by the busy lifestyles of parents and social pressures that demand courage to perform.

The use of the right parenting style leads to positive development, as children are given the opportunity to explore many experiences, learn, and gain knowledge, including character building. Not only do they feel loved, but children will also feel cared for, valued, protected, and supported by their parents. Most importantly, the right parenting style will nurture children to be strong-minded, independent, and not dependent on others.

From the observations made on Saturday, January 11, 2025, many children showed introverted personality traits. Some children preferred to be alone, were less active in social interactions, and had limitations in expressing their opinions. Parents have an important influence on the development of a child's personality. An introverted personality is not just about children who do not want to socialize, but introversion is related to a person's soul. Those with introverted personalities are not afraid of crowds; they want to socialize with others but cannot do so for long periods of time because talking to many people is very exhausting. This phenomenon raises questions about the factors that influence this tendency, especially in relation to the parenting styles used by parents (Engkizar et al., 2023).

METHODS

The method or technique used in this study is quantitative. The quantitative approach focuses more on the analysis of numerical data. In this type of quantitative research, researchers use an analytical approach (Akem et al., 2025; Baroud et al., 2024; Engkizar, Jaafar, Masuwd, et al., 2025; Febriani et al., 2023; Htay et al., 2025; Ikhwan et al., 2023; Okenova et al., 2025; Oktavia et al., 2024; Ummah et al., 2025). This method allows researchers to analyze data from large population samples with the aim of obtaining results about the attitudes, behaviors, or characteristics of certain groups in a systematic manner. This research views the population as the subject or object, while the sample is a part of the population that represents its characteristics. To determine an appropriate sample, researchers need to have a good understanding of sampling techniques, including the required sample size and the selection of an appropriate sample. This study uses a quantitative approach with a survey method (Akmal et al., 2024; Guspita et al., 2025; Hilmi et al., 2024; Ikhlas et al., 2025; Istiqamah et al., 2024; Mustafa et al., 2025; Mutathahirin et al., 2022; Sabrina et al., 2022; Wulandari et al., 2024). The data collected is primary, obtained directly from respondents through a closed questionnaire using a Likert scale. The type of data used is numerical data to analyze the relationship between parenting styles (authoritarian, democratic, and permissive) and introverted personality in children. This primary data is quantitative and can be processed using statistical analysis tools to measure the strength and direction of the relationship between variables. The data collection technique was carried out using a closed questionnaire method using a five-point Likert scale. The data obtained was analyzed using multiple linear regression. Multiple linear regression was used to see how the relationship between the independent and dependent variables was calculated using the Statistical Package for the Social Sciences and Excel (Albshkar et al., 2025; Engkizar, Jaafar, Alias, et al., 2025; Faddhia et al., 2025; Khairunisa et al., 2025).

RESULT AND DISCUSSION

Description of Research Data

The description of research data is an important part of a research report that aims to provide an overview of the data that has been collected. This includes presenting the characteristics of respondents and the distribution of responses to research instruments, such as questionnaires or observations. This data is sourced

from the results of the research conducted. The main data was obtained from questionnaires distributed to and completed by respondents who were parents. This study involved 12 parents, each of whom completed a questionnaire about the parenting styles they applied and their perceptions of their children's introverted personality traits. Each respondent provided answers based on a Likert scale instrument with the following details:

Table 1 Description of Variables, Number of Questions and Score Range

Variable		Number of questions	Score range
Authoritarian Parenting	1	10 questions	10-26 (Low) 27-36 (Medium) 37-50 (High)
Democratic Parenting	2	10 questions	
Permissive Parenting	3	10 questions	
Introverted Personality	1	5 observational questions	5-13 (Low) 14-20 (Medium) 21-25 (High)

The data obtained was then processed to obtain a total score for each variable. The following is a summary of the descriptive statistics:

Table 2 Descriptive Statistics of Variables

Variable	Minimum	Maximum	Average	Standard Deviation
Authoritarian	23	45	31.92	6.78
Democratic	24	47	37.50	6.46
Permissive	18	48	25.92	8.17
Introverted Personality	14	25	20.42	3.36

The table above shows that democratic parenting has a high average, indicating a tendency for parents to allow freedom of expression and space for discussion in parenting. Authoritarian and permissive parenting styles also vary, indicating that parenting styles tend to be mixed rather than strictly one style only. The children's introvert personality scores are relatively high, with an average of 20.42 out of a maximum score of 25, indicating characteristics such as enjoying solitude, being quiet, and being selective in socializing. This descriptive data forms the basis for testing the assumptions of multiple linear regression with three independent variables and one dependent variable (Sabrina et al., 2024; Zulmuqim, 2017).

Table 3 Respondents' Dominant Parenting Patterns

Dominant Parenting Pattern	Frequency	Percentage
Democratic	7	58.3%
Authoritarian	3	25%
Permissive	2	16.7%
Total	12	100%

Most respondents showed a predominantly democratic parenting style, characterized by support for self-expression and child involvement in decision-making.

Data Distribution

Normality Test with Kolmogorov-Smirnov

Before conducting multiple linear regression analysis, it is necessary to test the basic statistical assumption, namely the normality of data distribution. The purpose of this test is to ensure that the variables in the study have a distribution pattern that is close to normal, so that regression modeling can be applied validly. The normality test was performed on four variables: authoritarian parenting (X_1), democratic parenting (X_2), permissive parenting (X_3), and introverted personality (Y), using the Kolmogorov-Smirnov test in SPSS software. The test results are presented in the following table: The third theme is spiritual activities. According to informants, this spiritual activity aims to develop character religion, and curiosity. An example of this spiritual activity is the cult which is held every night, and also attending lecture studies such as Islam pedia, tasqif. This spiritual activity will increase student knowledge and can also increase piety, so character religious will be attached to the student's personality. This theme was conveyed by informants as excerpts from the below:

Table 4 Results of the Kolmogorov-Smirnov Normality Test

Variable	Statistik K-S	df	Sig. (P)	Interpretation
Authoritarian	0.144	12	0.200	Normal
Democratic	0.170	12	0.200	Normal
Permissive	0.320	12	0.001	Abnormal
Introverted Personality	0.199	12	0.200	Normal

Note: A sig. value >0.05 indicates a normal distribution.

The table above shows that the three variables, authoritarian, democratic, and introverted, have significance values greater than 0.05, so they are declared to be normally distributed. However, the permissive parenting variable has a sig. value of 0.001, which means <0.05 , so the data for this variable is not normally distributed. Since most of the variables meet the normality assumption, linear regression can still be continued but with a note on the permissive variable. In the discussion, you can mention that the deviation from normality in the permissive variable is one of the analytical limitations.

Multicollinearity Test

The multicollinearity test is conducted to determine whether there is a high correlation between the independent variables in the regression model, namely: authoritarian parenting (X_1), democratic parenting (X_2), and permissive parenting (X_3). If two or more independent variables are highly correlated, the regression results will be unstable and the interpretation of the variables will be inaccurate. This test was conducted by looking at the Tolerance Variance Inflation Factor value. A VIF value > 10 or Tolerance < 0.10 indicates multicollinearity.

Table 5 Multicollinearity Test

Variable Independent	Tolerance	VIF	Interpretation
Authoritarian	0.780	1.282	No multicollinearity
Democratic	0.656	1.523	No multicollinearity
Permissive	0.785	1.275	No multicollinearity

Based on the table above, the three independent variables have Tolerance > 0.10 and VIF < 10 , so it can be concluded that there is no multicollinearity between the independent variables in this regression model. Thus, all predictors can be used simultaneously without affecting the validity of the regression coefficient interpretation (Hamim & Ridwan, 2023).

Heteroscedasticity Test

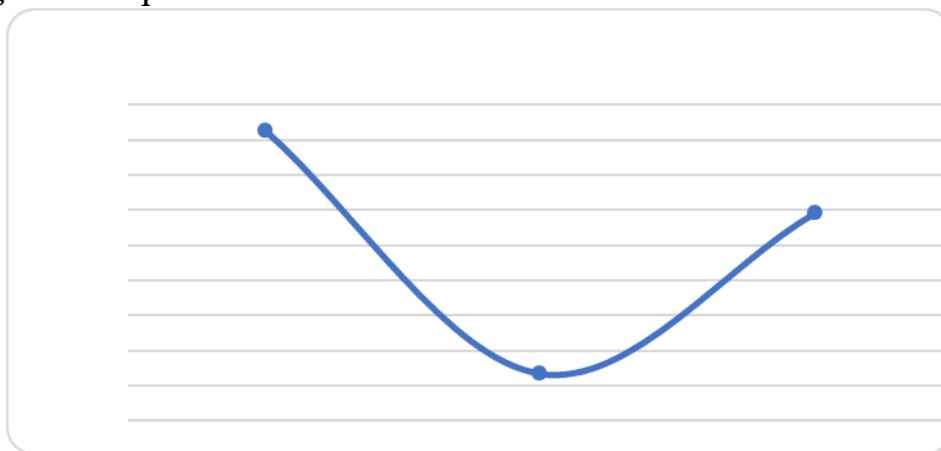
This test is used to determine whether there are symptoms of heteroscedasticity in a multiple linear regression model, which is a condition where the residual values are unevenly distributed or unstable relative to the predictor values. If this occurs, the accuracy of the regression model may be compromised.

Table 6 Heteroscedasticity Test

Variable Independent	Sig. (P)	Interpretation
0.780	1.282	No heteroscedasticity occurs
0.656	1.523	No heteroscedasticity occurs
0.785	1.275	No heteroscedasticity occurs

Based on the above test, all variables have a significance value above 0.05, indicating that the regression model is free from heteroscedasticity. Thus, the basic assumption regarding the consistency of residual variance (heteroscedasticity) has been fulfilled. This study uses multiple linear regression to determine the effect of parenting styles, consisting of authoritarian, democratic, and permissive parenting, on children's introverted personalities. The analysis was conducted using SPSS on 12 respondents.

Regression Equations



Significance criteria: Sig. < 0.05

Based on the diagram above, it can be seen that the three independent variables (authoritarian, democratic, and permissive parenting styles) do not have a significant effect on children's introverted personality. This is indicated by the significance values (sig) of the three exceeding the limit of 0.05, with the following detailed explanation: a) Authoritarian parenting has a regression coefficient value of 0.262 with a sig. value of 0.189 (> 0.05), meaning that there is a positive relationship between authoritarian parenting and introversion tendencies in children, but this relationship is not statistically significant. Conceptually, authoritarian parenting may influence children's tendency to withdraw, but this has not been strongly proven in this study. b) Democratic parenting shows a negative coefficient of -0.083 with a sig. value of 0.668. This indicates that the higher the level of democratic parenting, the lower the level of introversion. However, because the significance value is well above 0.05, this effect is also not significant. c) Permissive parenting has a regression

coefficient of 0.145 with a Sig. value of 0.366. The positive direction of the coefficient indicates that the more permissive the parenting style, the more likely children are to be introverted. However, this effect is also not statistically significant.

Overall, the regression model did not show any significant influence of parenting styles on children's introverted personalities in the context of the respondents studied. This reinforces the view that personality formation is multifactorial and involves other dimensions beyond parenting styles, such as social environment, basic temperament, or cultural aspects.

Coefficient of Determination

The coefficient of determination is a tool for measuring the extent to which a regression model can explain the variability in the dependent variable. The R² (R-Square) value ranges from 0 to 1. If R² is close to 1, it means that the model explains the data very well, but if R² is close to 0, it means that the model does not explain the variation in Y very well.

Table 6 Results of the coefficient of determination

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,551 ^a	,304	,043	3,436
a. Predictors: (Constant), Permisif, Otoriter, Demokratis				

An R Square value of 0.304 indicates that approximately 30.4% of the variance in introverted personality in children can be explained by the three parenting styles. The Adjusted R Square value of 0.043 indicates that only 4.3% of the variability can be realistically explained after adjusting for the limited number of variables and samples. Thus, the low Adjusted R Square value indicates that the model's predictive ability for a broader population is still limited. F Test The F test was conducted to determine whether the regression model as a whole had a significant effect on the dependent variable, namely children's introverted personality. In other words, it examined whether the combination of the three independent variables (authoritarian, democratic, and permissive parenting styles) together contributed significantly to the regression results.

Table 7 F test results

ANOVA ^a						
	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	41,240	3	13,747	1,165	,382 ^b
	Residual	94,427	8	11,803		
	Total	135,667	11			
a. Dependent Variable: Kepribadian Introvert						
b. Predictors: (Constant), Permisif, Otoriter, Demokratis						

The calculated F value is 1.182 with a sig of 0.368. Since sig > 0.05, it can be concluded that the regression model is not simultaneously significant, meaning that the three independent variables together do not have a significant effect on children's introverted personality.

T-test

Table 8 T test results

		Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	11,208	10,600		1,057	,321		
	Otoriter	,262	,183	,479	1,434	,189	,780	1,282
	Demokratis	-,083	,186	-,162	-,445	,668	,656	1,523
	Permisif	,145	,151	,319	,958	,366	,785	1,275
a. Dependent Variable: Kepribadian Introvert								

The table above shows that the three types of parenting styles—authoritarian, democratic, and permissive—have no significant effect on children's introverted personalities. The significance values of each variable are above the 0.05 threshold, so statistically it is not strong enough to claim a causal relationship between parenting styles and introverted tendencies in children in this research sample. These findings need to be analyzed more deeply in context, as follows: first, analysis of authoritarian parenting, although not significant, shows that a positive regression coefficient indicates that the more authoritarian the parenting style, the more likely the child is to be introverted. This is in line with personality theory, which states that authoritarian parenting often suppresses children's self-expression and fosters a fear of socializing. However, in this study, the effect was not statistically significant, possibly due to the limited sample size (N=12), differences in parents' perceptions of introversion, and the influence of external factors such as the child's social environment and biological temperament. There may be several other influencing factors, but these three are the main ones.

Second, regarding democratic parenting styles, the negative coefficient in democratic parenting indicates a relationship that is opposite to that of introverted children, although it is not significant. Theoretically, a democratic style supports the development of openness, independence, and courage to express opinions. Thus, low levels of introversion may be influenced by the supportive communication patterns in this parenting style. However, this variable is not strong enough to predict variations in introversion in children in this data.

Third, analysis of permissive parenting patterns shows a positive relationship with introversion, indicating that children raised with loose rules are more likely to withdraw from structured social settings. It is possible that a lack of boundaries and guidance makes it difficult for children to actively build social confidence. However, as with the previous two variables, the effect is not statistically significant. Overall, the results of this study show that introversion in children cannot be explained significantly by parenting style alone. This is in line with the developmental psychology approach, which emphasizes that a child's personality is shaped by a combination of internal factors, environmental factors, and the quality of emotional relationships, not just formal parenting styles.

Based on the results of multiple linear regression analysis, it can be concluded that there is no significant influence between authoritarian, democratic, or permissive parenting styles on the introverted personality of children in the context of the respondents in this study. Although there is a certain tendency in the direction of the relationship, for example, authoritarian and permissive parenting styles tend to reinforce introverted traits, this relationship is not statistically strong enough to be considered influential.

This study also opens up space for reflection on the diversity of interpretations of parenting styles in practice. Parenting styles that are defined in theory as “authoritarian” or “permissive” may be interpreted differently by each individual, depending on their social background, cultural values, and religious understanding. Therefore, the insignificant results actually show that the local context, subjective perceptions, and relational meanings are much deeper than mere questionnaire scores.

CONCLUSION

Authoritarian parenting does not have a significant effect, but tends to trigger emotional introversion that is statistically insignificant (sig. value = 0.189). Authoritarian parenting shows a positive correlation with an increase in introverted personality in children. This indicates that children who are raised with strict control, restricted expression, and minimal open dialogue are more likely to withdraw from their social environment. Psychologically, this pattern can cause insecurity and fear of performing, so that children tend to isolate themselves. Even though it is not statistically significant, the authoritarian pattern still needs to be watched out for because it can trigger internal pressure in introverted children.

Democratic parenting shows a negative correlation, supporting children's self-expression shows a negative coefficient (-0.083) towards children's introversion, meaning that the more democratic the parenting style, the less introverted the child tends to be. Although the results are not significant (sig. = 0.668), the direction of this relationship is in line with psychological theory and experience, where open communication, child involvement in decision-making, and respect for children's opinions actually help build self-confidence and social skills. Therefore, democratic parenting can be a more relevant approach to accompany introverted children so that they do not become trapped in psychological isolation. Permissive parenting shows a positive direction towards introversion, but without statistical certainty showing a positive direction (coefficient = 0.145, sig. = 0.366), it is not significant. This illustrates that when parents allow children to act without boundaries or guidance, children can experience social confusion and a preference for solitude. In practice, a permissive parenting style can cause children to lose their emotional structure and values of self-adjustment, making them prone to avoiding complex social interactions. Therefore, gentleness in parenting still needs to be framed by values and responsibility, not freedom without direction.

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