



The Impact of Strict Parenting and Parental Guidance on Children's Honesty

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ABSTRACT

This study aims to analyse the impact of strict parenting on children's honesty development. The research employed a library-based method, reviewing books, scholarly articles, and previous studies on parenting styles and child character development. Data were analysed using content analysis to identify the relationship between strict parenting practices and the development of honesty in children. The findings indicate that strict parenting can have positive effects, such as fostering discipline, obedience, and responsibility. However, when implemented excessively without open communication and emotional support, it may lead to fear, psychological pressure, and a tendency for children to conceal mistakes or engage in dishonest behaviour. The study concludes that children's honesty is influenced not only by parental strictness but also by the quality of family relationships and communication. The implications of this study highlight the importance of balancing discipline, warmth, and supportive communication to promote optimal character development and honesty in children.

KATA KUNCI

Pengasuhan Orang Tua yang Ketat;
Bimbingan Orang Tua;
Anak-anak;
Kejujuran

ABSTRAK

Penelitian ini bertujuan untuk menganalisis dampak pola asuh strict parenting terhadap pembentukan kejujuran anak. Penelitian menggunakan metode studi kepustakaan (library research) dengan mengkaji berbagai buku, artikel ilmiah, dan hasil penelitian yang relevan mengenai pola asuh dan perkembangan karakter anak. Data dianalisis menggunakan teknik analisis isi untuk mengidentifikasi hubungan antara pola asuh ketat dan perkembangan kejujuran anak. Hasil kajian menunjukkan bahwa pola asuh strict parenting dapat memberikan dampak positif berupa peningkatan disiplin, kepatuhan, dan tanggung jawab anak. Namun, penerapan pola asuh yang terlalu ketat tanpa diimbangi komunikasi yang terbuka dan dukungan emosional berpotensi menimbulkan rasa takut, tekanan psikologis, serta kecenderungan anak untuk menyembunyikan kesalahan atau berbohong. Dengan demikian, pembentukan kejujuran anak dipengaruhi tidak hanya oleh ketegasan orang tua, tetapi juga oleh kualitas hubungan dan komunikasi dalam keluarga. Implikasi penelitian ini menekankan pentingnya penerapan pola asuh yang seimbang antara disiplin, kehangatan, dan komunikasi yang suportif guna mendukung perkembangan karakter anak secara optimal.

1. INTRODUCTION

The term "*strict parents*" has become increasingly common among adolescents and is frequently discussed on social media as a criticism of certain parenting practices. Zou (2021) explains that strict parenting involves harsh disciplinary practices, parenting pressure, and the use of psychological control, all of which may influence children's emotional and behavioural development. Hellmer et al. (2022) define strict parenting as a parenting style oriented

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toward behavioural control and child compliance through firm rules and strong parental supervision. Strict parents often require their children to follow their habits, expectations, and values by imposing rigid rules, limitations, and demands (Kusumaningtyas et al., 2025). Children commonly express resistance or criticism toward authoritarian parenting practices implemented by their parents. Parents who adopt a strict parenting style tend to set high standards for their children's behaviour and achievements while expecting full compliance with the values and norms they consider important. Such parenting practices generally provide limited opportunities for children to express their opinions or engage in negotiation.

Children raised in strict parenting environments generally demonstrate politeness and obedience toward their parents from an early age, which contributes to higher levels of respect for parental authority (Syahril, Krismona, Yanti, et al., 2025). In addition, children raised under strict parenting often achieve strong academic performance, greater independence, and higher levels of discipline. These outcomes result from the consistent application of rules and behavioural expectations throughout childhood.

The role of responsive parents who provide guidance, maintain open communication, and support positive behaviour further strengthens children's development (Xie et al., 2024). Another positive outcome of strict parenting is the development of moral values, as early parental guidance may help children avoid deviant behaviour during adolescence (Gulmemmedova, 2025). However, strict parenting also carries potential negative consequences (Chen et al., 2024). Excessive control may encourage children to rebel by lying to gain freedom, violating rules, engaging in misconduct at school, or concealing information because they fear punishment or feel misunderstood (Wang et al., 2024). Furthermore, this parenting style often creates pressure to achieve success continuously, making children more vulnerable to stress (Rohmah et al., 2024).

Recent studies on strict parenting indicate that this parenting style significantly influences children's emotional, social, and moral development. Strict parenting is generally characterised by high parental control, strong demands for obedience, and limited flexibility in family communication. Research by Goagoses et al. (2023) found that parenting styles emphasising excessive control and discipline are associated with increased emotional dysregulation among children and adolescents. Children raised in highly restrictive environments often experience difficulties managing their emotions, become more reserved, and tend to conceal personal problems from their parents. Similarly, Benzi et al. (2023) reported that the quality of parent-child relationships substantially affect adolescents' behavioural development and emotional openness. Their study found that warm, supportive parenting approaches reduce behavioural problems and improve children's emotional regulation compared to highly controlling and authoritarian parenting styles.

Furthermore, Geurts et al. (2023) found that parenting dimensions characterised by high control without healthy communication are associated with problematic adolescent behaviours, including withdrawal from family communication. Children who perceive excessive parental monitoring often find it more difficult to establish open relationships with their parents. More recently, Calatrava et al. (2026) demonstrated that the combination of parental warmth and demandingness influences adolescent behaviour and social adjustment. Their findings emphasise that parental control, without accompanying emotional closeness, may increase emotional distance between parents and children.

Research on strict parenting in recent years has primarily focused on children's psychological outcomes, such as stress, emotional regulation, and behavioural problems, whereas studies specifically examining the development of honesty remain limited. Moreover, previous findings have produced contradictory results. On one hand, strict parenting may foster discipline and obedience; on the other hand, it may generate fear, closed communication patterns, and a tendency for children to conceal information. Therefore, further investigation is needed to examine how strict parenting influences the development of honesty within family relationships and communication. This study aims to examine the influence of strict parenting on children's honesty development by reviewing previous studies. Additionally, it seeks to identify the roles of parental control, family communication, and emotional closeness in fostering honest behaviour in children's daily lives.

2. METHOD

2.1 Research Design

This study employed a literature review to examine the influence of strict parenting on children's honesty development. The review focused on collecting and synthesising empirical findings on parental control, family communication patterns, emotional closeness, and children's honest behaviour in parenting contexts. The study

aimed to provide a comprehensive understanding of how strict parenting contributes to the development of honesty across various family and sociocultural settings.

2.2 Data Sources

The literature search was conducted systematically using the Google Scholar database. The search process utilised the keywords *strict parenting*, *authoritarian parenting*, *honesty in children*, *parent-child communication*, and *parenting style*. National and international scholarly articles published within the last five years were included to ensure the reviewed literature was relevant and current. The literature search was conducted systematically using the Google Scholar database. The search process utilised the keywords *strict parenting*, *authoritarian parenting*, *honesty in children*, *parent-child communication*, and *parenting style*. National and international scholarly articles published within the last five years were included to ensure the reviewed literature was relevant and current.

2.3 Inclusion and Exclusion Criteria

The selection of articles was based on predetermined inclusion and exclusion criteria. Studies were included if they were empirical research articles discussing strict parenting, parent-child relationships, family communication, and the development of honesty or character in children. Articles were excluded if they were not directly related to the research focus, were unavailable in full text, or were not published in peer-reviewed academic sources.

2.4 Data Collection

After identifying relevant studies, data were extracted from each article. The extracted information included research objectives, methodological approaches, participant characteristics, and major findings related to parenting practices and children's honesty. The collected studies were then organised into key themes relevant to this review's objectives.

2.4 Data Analysis

The collected data were analysed using a narrative synthesis approach. This process involved comparing, integrating, and interpreting findings from various studies to identify common patterns, differences, and emerging themes regarding the influence of strict parenting on children's honesty development. The analysis also explored the roles of parental control, family communication, and emotional closeness in shaping honest behaviour across diverse social and cultural contexts.

To enhance the credibility of the review, the study relied on peer-reviewed scholarly articles and compared findings across multiple sources. A cross-study comparison was conducted to ensure consistency and provide a balanced interpretation of the evidence on the relationship between strict parenting and children's honesty.

3. RESULTS AND DISCUSSION

3.1 Results

The literature review revealed diverse findings regarding the influence of *strict parenting* on children's development. Although several studies reported positive outcomes, such as increased discipline, responsibility, and compliance with parental expectations, many studies also highlighted adverse consequences associated with excessive parental control and limited emotional support. To provide a comprehensive overview of the reviewed literature, each study was analysed based on its research method, principal findings, and relevance to the development of children's honesty. The results of this analysis are presented in Table 1.

Table 1. Summary of Findings and Analysis of Reviewed Studies

Article	Research Method	Findings	Analysis
<i>Strict Parenting and Its Implications for the Independence Level of Students at UIN Walisongo Semarang</i> (Sultonah et al., 2024)	Qualitative	The study found that the degree of parental strictness influences children's level of independence.	Due to inconsistent parental emotional responses, students tend to be reluctant to make independent decisions.

Article	Research Method	Findings	Analysis
<i>The Impact of Strict Parents (Authoritarian Parenting) on the Formation of Ethics, Character, and Social Relationships</i> (Desti Alia Rahma & Isyanawulan, 2024)	Quantitative descriptive	Parents tend to implement strict parenting characterized by one-way communication and firm sanctions for rule violations.	Children raised in such environments tend to exhibit lower self-confidence, emotional instability, and difficulties in social interaction.
<i>The Impact of Strict Parents on Adolescent Behavior</i> (Kusumaningtyas et al., 2025)	Interpretative Phenomenological Analysis (IPA)	Strict parenting has both positive and negative effects. It helps children avoid negative influences and develop discipline and responsibility.	Children raised under strict parenting generally develop stronger discipline and responsibility in adulthood.
<i>Self-Disclosure among Late Adolescents in Strict-Parent Families in Bandung</i> (Juliawati & Destiwati, 2022)	Qualitative phenomenological	Parents who apply excessive strictness tend to avoid open interaction with their children.	Adolescents raised under strict parenting are less likely to communicate openly with their parents and prefer sharing experiences with peers or other family members.
<i>Strict Parenting among Only Children</i> (Agaviana, 2024)	Qualitative	Only children raised under highly strict parenting tend to develop stubborn, reserved, and rebellious characteristics.	Excessive strictness combined with limited emotional support may contribute to resistance and emotional withdrawal.
<i>Analysis of the Impact of Strict Parents in the Short Story "Gadis" Using a Mimetic Approach</i> (Rahmawan et al., 2023)	Qualitative	Authoritarian parenting associated with family violence negatively affects the psychological well-being of the main character.	The study illustrates how authoritarian parenting may contribute to mental health problems and family conflict.
<i>The Impact of Strict Parenting on Children's Psychological Development</i> (Hasibuan et al., 2024)	Qualitative and Quantitative	Children raised under strict parenting are more vulnerable to behavioral problems, stress, anxiety, low self-esteem, and reduced self-confidence.	Excessive parental control may hinder healthy psychological development.
<i>The Impact of Authoritarian Parenting (Strict Parents) on Students' Behavior at SMA Immanuel Bandar Lampung</i> (Devanto, 2016)	Qualitative	Parents often perceive authoritarian parenting as beneficial for child development.	While parents view the approach positively, children frequently experience pressure and discomfort.
<i>The Impact of Strict Parenting on Adolescent Identity Formation in Bogor City</i> (Amananti, 2024)	Qualitative	Parents consider strict parenting beneficial, whereas adolescents often perceive it as burdensome and restrictive.	There is a discrepancy between parents' and adolescents' perceptions of strict parenting, with adolescents tending to experience emotional pressure and discomfort.

Based on Table 1, the reviewed studies indicate that strict parenting has both positive and negative implications for children's development. On the positive side, strict parenting may foster discipline, responsibility, obedience, and protection from negative social influences. However, excessive parental control, one-way communication, and limited emotional support often contribute to low self-confidence, emotional distress, reduced independence, and difficulties in social interaction. Several studies further suggest that children raised in highly restrictive environments tend to be less open with their parents and are more likely to conceal mistakes or personal information. These findings imply that the development of honesty is influenced not only by parental discipline but

also by the quality of communication and emotional closeness within the family. Consequently, a balanced parenting approach that combines clear expectations with warmth, empathy, and open communication is more likely to foster honesty and positive character in children.

3.2. Discussion

Parenting refers to the ways parents and children interact to meet children's physical and psychological needs, such as providing affection, fostering a sense of security, teaching discipline, and imparting knowledge that supports children's development into independent individuals. In this context, the family serves as the first environment in which children learn and develop various life values. Children's development is also influenced by parents' psychological, emotional, and mental health conditions during the parenting process. This view is consistent with Carol Brown's theory, which states that the family is the first place where children are accepted, shaped, and develop their character (Ilham, 2022). These findings emphasise that parenting is a relational dynamic shaped by parents' psychological and emotional conditions, influencing children's character development and honesty values within the family environment.

Appropriate parenting is one of the primary ways to support children's development. Children raised by responsible parents are taught values such as ethics, hard work, honesty, and respect for others. They also feel valued, accepted, and secure. Furthermore, children benefit from open communication with their parents. Unsupportive parenting can hinder children's development, whereas positive parenting helps children become confident, empathetic, and independent adults.

Authoritarian parenting is a parenting style that emphasises children's complete obedience to parental commands and rules without providing opportunities for children to express their opinions or make their own choices (Aldora, 2022). Parents who adopt this parenting style tend to have high expectations that their children will always comply with their instructions. In addition, authoritarian parenting is characterised by strict control over children's behaviour, restrictions on their freedom, and limited explanations for the rules. As a result, children are more frequently placed in situations that demand obedience rather than freedom of expression.

Although certain rules may not appear logical, children are not given opportunities to express their opinions or receive explanations regarding why those rules must be followed. Instead, they are strongly encouraged to obey, making it difficult for them to challenge or question the rules. Parents demand compliance and impose punishment when rules are violated. Children are also closely monitored and often discouraged from expressing themselves. Consequently, they may become rigid, lack self-confidence, have difficulty adapting, and sometimes display aggressive behaviour (Fikriyyah et al., 2022).

Highly strict parents often impose numerous demands without demonstrating emotional warmth or sensitivity. They tend to overlook their children's emotional needs and often display rigid, cold attitudes. Violations of rules are typically addressed through strict punishment without compromise. Furthermore, parents rarely provide children with opportunities to express their views or make choices, and they seldom explain the reasons behind particular rules. The lack of mutual trust hinders negotiation and encourages greater parental control through threats or pressure (Kotler et al., 2023).

Children raised by highly strict parents may experience positive behavioural outcomes because they are encouraged to meet parental expectations and regulate their behaviour accordingly. Moreover, when strict parenting is combined with responsive or authoritative parenting practices, children tend to become disciplined individuals who understand that they cannot always do whatever they want (Kusumaningtyas et al., 2025). Children raised by a single parent are often more likely to devote attention to education and academic achievement than those raised by two parents. These children also tend to be highly independent and capable of taking responsibility for various aspects of their lives (Kusumaningtyas et al., 2025).

Children who experience strict parenting from an early age are generally polite and obedient toward their parents. They also tend to be more disciplined and capable of working independently. These outcomes are influenced by the consistent application of rules and guidance throughout their childhood. In this context, strict parenting can contribute to children's moral development. Early parental guidance is essential for establishing a strong moral foundation, helping children avoid deviant behaviour and juvenile delinquency later in life.

This parenting style can also weaken children's ability to cope with failure, as they often feel burdened by the expectation to achieve success at all times. Parents should not demand perfection but rather teach children to learn from mistakes and view failure as part of the developmental process. When children resist parental directives, strict parenting often results in increased parental control and heightened expectations. Consequently, children may feel

uncomfortable discussing their problems openly with their parents, thereby limiting family communication and interaction (Syahril, Krismona, Latif, et al., 2025).

Children raised in authoritarian families frequently experience restrictions on their personal freedom. As a result, they may grow into hesitant, risk-averse individuals. This parenting style often instils various fears in children, such as fear of making mistakes, fear of being blamed, fear of being scolded, and fear of punishment. These fears limit their ability to make decisions, even in situations they are fully capable of handling independently. Parents who continuously prohibit, criticise, and excessively reprimand their children contribute to the development of anxiety-driven thought patterns (Ilham, 2022).

The implications of this study suggest that strict parenting should not be understood solely as a means of controlling children's behaviour but also as a relational process influenced by the quality of family communication and emotional closeness. These findings highlight the importance of balancing discipline with psychological support to promote optimal character development, particularly honesty in children. Therefore, the results of this study may serve as a foundation for developing parenting programs and family guidance and counselling services that emphasise open, empathetic, and supportive communication in the child-rearing process.

4. RESEARCH IMPLICATIONS

The findings of this study imply that the development of children's honesty is influenced not only by parental rules and supervision but also by the quality of family communication and emotional closeness. Strict parenting, balanced with emotional support, open communication, and respect for children's opinions, can foster honesty, discipline, and responsibility. In contrast, excessive control combined with limited emotional warmth may prompt children to conceal information or engage in dishonesty as a form of self-protection. Therefore, these findings highlight the importance of adopting parenting practices that integrate discipline with psychological support to foster positive character development and healthy parent-child relationships.

5. CONCLUSIONS

Based on the literature review, strict parenting has a complex influence on children's honesty development. On the one hand, a parenting style that emphasises discipline, obedience to rules, and consistent supervision can help children understand moral values, responsibility, and the importance of behaving in accordance with established norms. Such conditions can foster positive character development, including honest behaviour, when accompanied by appropriate guidance and positive parental role modelling.

On the other hand, excessively strict parenting, characterised by excessive control, one-way communication, and limited emotional warmth, may negatively affect children's honesty development. Children may become fearful of making mistakes, receiving punishment, or disappointing their parents, leading them to conceal information, avoid openness, or even engage in dishonest behaviour as a form of self-protection. These findings suggest that honesty is shaped not only by rules and supervision but also by relationships built on security, trust, and open communication between parents and children.

The development of children's honesty is likely more effective when parents balance discipline with emotional support. A parenting approach that is firm yet warm, communicative, and respectful of children's opinions can create a family environment that promotes honesty, responsibility, and psychological well-being. Furthermore, the findings underscore the family's crucial role as the primary environment for instilling honesty from an early age through positive interactions and relationships grounded in mutual trust.

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AUTHOR CONTRIBUTION STATEMENT

The author contributed substantially to all stages of the research process, including the conceptualisation of the study, literature search and selection, data analysis and synthesis, manuscript preparation, and revision of the final article. The author has reviewed and approved the final version of the manuscript and accepts full responsibility for its content.

DECLARATION OF COMPETING INTEREST

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this study.

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