



# Analysis of the Impact of Patriarchal Culture in Family Dynamics on Child Parenting and Emotional Development

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**Abstract:** Patriarchal culture remains a part of Indonesia's social structure that shapes society's views on the roles of men and women. Within the family, patriarchal values play a major role in forming parenting patterns that affect children's emotional and social development. This study aims to analyze the influence of patriarchal culture on family dynamics and its impact on children's emotional balance. The research employed a qualitative method with a descriptive literature study approach by reviewing national journals published between 2020 and 2025. The findings indicate that patriarchy causes gender role inequality and differing parenting patterns between boys and girls, which can hinder their social and emotional development. However, modern families are beginning to show a shift toward egalitarian parenting patterns that emphasize gender equality and the emotional well-being of children.

**Keywords:** Patriarchal Culture, Family Dynamics, Parenting, Social Development, Emotional Development

## Introduction

Patriarchal culture still dominates people's social life and creates gender gaps in various aspects of life. According to the Great Dictionary of the Indonesian Language, patriarchy is a family system that attaches importance to male lineages, as well as a social system that places men as the dominant party in decision-making (Reza et al., 2024). From a social and cultural perspective in Indonesia, patriarchy is still very inherent and developing, as seen from various socio-cultural aspects. One of the facts highlighted is Komnas Perempuan data throughout 2024 which recorded 34,682 women as victims of violence, with sexual violence as the highest case (15,621 cases).

Patriarchy in KBBI is understood as a social pattern that places men as a party that takes precedence over women. This inequality impacts many aspects of life and forms an unbalanced division of roles. Gender equality emphasizes that men and women have the right to develop abilities without being limited by stereotypes and prejudices (Beti et al., 2020). Patriarchal conditions make men in control in social, economic, political and psychological spaces, while women have smaller spaces (Rahmania et al., 2022).

In patriarchal families, the position of men is generally more dominant, while women tend to be positioned as the main caregivers. Women's roles are often limited to domestic affairs and are under the authority of their husbands, so the chances of being involved in decision-making are low (Nazwa & Dora, 2024). Various factors contribute to maintaining

gender injustice, such as a patriarchal culture that prioritizes men, gender-biased religious interpretations, and strong state hegemony (Febriyanti, 2022).

Parenting patterns in patriarchal families are usually authoritarian and emphasize obedience. Boys are geared towards being independent and strong, while girls are geared towards being submissive and emotional. This difference shows how patriarchal values are instilled from an early age (Syahrizan & Siregar, 2024). Patriarchal culture also influences the formation of children's characters. A gender-biased environment can make boys feel superior, while girls grow up with low self-confidence and dependence on men (Nurhaliza & Abadiyah, 2022).

Some cultural values have indeed changed with the times, although the patriarchal principle has not completely disappeared. There are values that are maintained and there are those that adjust the development of people's thinking (Kogoya, 2023). To encourage healthy character development, equal and gender-neutral parenting is needed so that children grow up more balanced and have an egalitarian outlook.

Research conducted by (Rossevelt et al., 2023) shows that patriarchal culture limits women's access to education and decent work, as well as reinforces economic dependence on men. In the context of the household, this has an impact on male dominance in decision-making, which has the potential to cause a sense of helplessness in women. One of them can be seen from the division of gender roles in the household, where 90% of the management of children and the house is carried out by women, while 85% of the main breadwinners are men, and 65% of decision-makers in the family are dominated by men. This shows the dominance of patriarchal structures in everyday life. In other words, women are often identified with domestic responsibilities, while men are considered more worthy of leading (Iqbal et al., 2023). This mindset also shapes parenting in the family.

According to (Miranda, 2024) in her journal work entitled *Patriarchal System as a Trigger for Violence Against Women: Theoretical and Empirical Analysis*. The patriarchal system, which considers men as superior and women as inferior, prevails widely in many parts of the world. This phenomenon is not limited to one or two groups of people, but has spread to the rest of the world, including developing countries such as Indonesia. With the position of women powerless in patriarchal culture, as well as the injustices caused by the system, various social problems arise in society (Modiano, 2021). Gender equality is an important foundation in sustainable development and community well-being, starting with the family as the smallest unit. In the domestic environment, gender equality requires an equitable distribution of rights, obligations, and opportunities between men and women, beyond the boundaries of traditional roles. This situation is increasingly complex in the modern era, where social and economic changes are driving shifts in functions and renegotiation of gender identity in the family (Hasanah & Meilina, 2025).

The results of the study reinforce the view that patriarchal culture has a great impact on family structure and the formation of children's character. Thus, this article seeks to analyze more deeply how patriarchal culture affects family dynamics and child parenting in the socio-cultural context of today's Indonesia.

Several previous studies have discussed the relationship between patriarchal culture, family dynamics, and parenting. (Monika & Dora, 2025) explain that differences in gender

perceptions in society create variations in parenting styles. Parents' parenting often reflects the cultural values they adopt, including gender stereotypes that are passed down from generation to generation. Culturally based parenting also determines how parents educate, protect, and direct children to conform to societal norms and values. The results of the study reinforce the view that patriarchal culture has a great impact on family structure and the formation of children's character.

Thus, this article seeks to analyze more deeply how patriarchal culture affects family dynamics and child parenting in the socio-cultural context of today's Indonesia. This study highlights a gap in previous research that generally focused on adult gender relations, by presenting a new perspective on the impact of patriarchal values on the social and emotional development of children in the family.

## Methodology

This study uses a qualitative method with a literature review approach. This approach was chosen because the purpose of the research is to understand and analyze in depth various existing concepts and findings regarding the impact of patriarchal culture in family dynamics on parenting and child development. Literature searches were conducted through Google Scholar, Sinta, and Garuda databases, with the keywords "patriarchal culture," "child parenting," "emotional development," and "Indonesian family". The articles used were published in the range of 2020–2025, in Indonesian, and came from accredited national journals.

The literature obtained was then selected based on the relevance of the topic and the completeness of the content, until a number of main sources were obtained to be analyzed descriptively-qualitatively, in order to identify patterns and themes related to patriarchal culture, parenting, and their impact on children's emotional development.

## Result and Discussion

According to (Setiani & Hidayah, 2024) in his research journal entitled *The Impact of the Patriarchal System on Family and Child Life*. The patriarchal cultural system will affect the parenting style of the parents which will affect the emotional development of the child. This patriarchal cultural system will not only disturb the emotional aspects of children, but the psychological, social, and educational aspects of children will also be disturbed. Views of social conventions that limit their expression and abilities, and girls receive less attention and full support in the family and school environment than boys. As a result, roles become unbalanced, which often leads to poor interaction in the family and affects the way children form relationships later in life (Yunisha & Pangesti, 2023).

### 1. Patriarchal Culture Affects Child Parenting

Patriarchal culture is still strongly embedded in the social structure of society and influences the way parents educate their children. This system places men as the center of power in the family, while women are in a subordinate position. As a result, boys are often educated to suppress emotions to fit masculine images, while girls are directed to be obedient according to traditional norms. Parental parenting according to Baumrind (Kurnianingsih et al., 2022) classifies parenting into 3 categories, namely

authoritarian parenting, democratic parenting, and permissive parenting. In the context of patriarchy, the parenting that is highlighted is an authoritarian parenting characterized by limited communication as well as the use of verbal or physical violence.

In a study conducted by (Aini et al., 2023), it was explained that the community in the surrounding environment considers that the main task in raising children and serving the husband is a wife. Therefore, when a father takes care of a child and takes him to play without the presence of the mother, it looks not in accordance with the norms that exist in society. Parenting in patriarchal families is often shaped by traditional values and norms that distinguish the treatment between boys and girls.

The impact of patriarchal culture not only reinforces gender inequality, but also hinders children's social and emotional development. To overcome this, gender-responsive parenting is an important solution so that every child has the same opportunity to develop their potential without being limited by rigid patriarchal norms. In addition, factors such as religion, education, and socioeconomic conditions must also be considered (Hikmah et al., 2024). The right parenting style can support children's growth and development, especially at an early age where at that age the brain is experiencing a very rapid rate of development (Handayani & Suradi, 2024). Applied parenting can have a significant impact on a child's emotional development, affecting how they respond to social situations, manage emotions, and build relationships with others.

## 2. Hindering Children's Emotional Development

The family is the first social environment of individuals since they were born into the world, this individual relationship is a correlation between the individual and his family. Patriarchal culture significantly inhibits children's emotional development by setting strict norms based on gender. In this system, boys are taught to suppress emotions in order to show resilience, while girls are directed to be submissive and obedient. This pattern creates an imbalance in the formation of emotional characters, where children lose space to express themselves naturally (Sinaga et al., 2025). Every parent certainly wants the best for their children. This desire will then form a parenting style that parents will instill in their children. Parenting is a way used in an effort to help children to grow and develop by caring, guiding and educating, so that children achieve their independence (Tobing & Nurjannah, 2024).

Parenting that is rooted in patriarchy is generally authoritarian and lacks communication. Verbal and physical violence is often used as a form of control, making children grow up with fear and inferiority. As a result, they have difficulty understanding and managing emotions, so emotional intelligence does not develop optimally. The long-term impact can be seen in the formation of a cycle of cross-generational trauma and gender inequality that continues to recur. To break this chain, a more egalitarian and gender-responsive parenting style is needed, which

provides space for children to learn to recognize, express, and manage emotions in a healthy and balanced manner.

### 3. Children's Psychological and Social Development Is Disrupted

Patriarchal culture has a great impact on children's psychological and social development. Boys often imitate patriarchal father figures, while girls tend to experience inner pressure that inhibits confidence and independence. (Swari, 2023) said that patriarchal culture not only forms a difference in roles between men and women, but is also a factor that limits women's freedom of expression in social spaces. This system places men as the center of power, while women are directed to submit to standardized social norms. In many cases, women grow up with a fear of opening up or getting into relationships for fear of experiencing the same unfair treatment they witnessed at home.

Children who grow up in a patriarchal family environment also face difficulties in building self-identity. Men are encouraged to suppress their emotional side in order to be considered strong, while women are limited in their opinions and expressions because social norms consider dominant attitudes to be "inappropriate" (Nurjanah et al., 2023). This imbalance creates psychological wounds that hinder a child's ability to interact healthily with his or her social environment.

Thus, patriarchal culture not only shapes power relations in the family, but also instills inequality that is inherited across generations. If parenting and patriarchal values are not criticized, then the cycle of inequality will continue to repeat. Awareness and change towards equal parenting is an important step to create a family environment that supports the development of children as a whole, both psychologically and socially.

## Conclusion

Based on the results of the literature review that has been conducted, it can be concluded that patriarchal culture still has a strong influence on family dynamics in Indonesia, especially in terms of the division of roles and parenting patterns. The patriarchal system that places men as the center of power and women as subordinates creates inequality in family relationships, which ultimately has an impact on children's psychological and social development. However, in the midst of modern social changes, there is a new awareness of the importance of equal roles between men and women in the family. Patriarchal culture still has a strong influence on family dynamics in Indonesia, especially in the division of roles and parenting patterns, which has an impact on their psychological and social development. However, there is an awareness of the importance of equal and gender equality-based parenting. This research is limited to a literature review from national journals for the period 2020–2025, so it is suggested that further research be empirically reviewed to expand understanding of the application of gender equality values in families. Equal parenting has been proven to be able to create a healthier, harmonious, and optimal environment for children's growth. Therefore, there is a need for continuous education and awareness of gender equality, both in the family and society, so that the restrictive patriarchal culture can be transformed into the value of togetherness and justice.

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