



# A Study about the Parents Awareness on Psychological Problems of Teenagers at Puberty Age

 Najwa Inaya Salsabila, Cinta Dwi Cahyani<sup>2</sup>.

UIN Syarif Hidayatullah Jakarta, Indonesia<sup>1 2</sup>

 najwa.inaya21@mhs.uinjkt.ac.id\*

## Article Information:

Received September 17, 2021

Revised October 4, 2021

Accepted November 16, 2021

**Keywords:** *Teenagers, Parents, Psychological Problems, Puberty*

## Abstract

*Penelitian ini bertujuan untuk membahas tentang masalah psikologis anak remaja dimasa pubertas yang masih atau kurang disadari oleh sebagian orangtua. Objek penelitian ini adalah orangtua dan remaja. Jumlah partisipan yang terlibat adalah 22 orang. Bentuk data atau instrumental yang digunakan ialah kuesioner (angket). Metode yang digunakan dalam penelitian ini adalah pendekatan kuantitatif deskriptif. Pengambilan sampel dilakukan dengan memberikan pertanyaan kepada orangtua yang memiliki anak remaja laki laki maupun perempuan yang sedang dimasa pubertas dengan dua opsi pilihan. Hasil penelitian menunjukkan bahwa ada hubungan antara kesadaran orang tua dengan masalah psikologis remaja dimasa pubertas. 36,4% orang tua dalam kategori baik, 13,6% dalam kategori buruk, 18,2% orang tua berhati-hati, 9,1% orang tua dengan perilaku menyimpang, 4,5% orang tua kategori buruk, dan 18,2% orang tua dengan anak depresi.*

## INTRODUCTION

Previous research studies related to this title were among others conducted by Amalia (2017) which stated that adolescence is a period of transition from children to adults. At this time children experience various things that have never been experienced before. Both Ria (2015) found that according to Stanley Hall, a pioneering father of psychology, in the development of adolescence, is often referred to as a period of hurricanes and stress, because they begin to have the desire to make decisions for themselves freely. Damayanti's research (2015), revealed that people with depression in their teens showed a very high increase compared to childhood and adulthood. Therefore, according to Ita et al. (2019), in this case, the psychological needs of adolescents are things that need to be considered to minimize the occurrence of negative things in adolescents. According to Dusek (1977) and Bezonsky (1981), that negative behavior in adolescents is caused by environmental treatment that is not by the demands or needs of adolescent development, such as drugs, wild racing, free sex, even attempted suicide.

E-ISSN:

2798-3250

Published by:

Institut Agama Islam Palu

Various studies show mental health disorders in children are quite high, especially in adolescents. Indrasari (2021), explained that based on the 2018 National Basic Health Research (Riskesdas) in adolescence, mental and psychological problems such as stress, anxiety, depression increased. Teenagers need support from others when entering a crisis period, namely at the age of 15-17 years. In the research of Hernisawati et al.(2019), it is said that the family, especially parents, is the most important place in meeting the psychological needs of adolescents such as the need for love and affection, security, respect, and being considered by the family. Sofyan (2012), explains that adolescents whose material needs are met from their families but whose psychological needs are still not fulfilled can cause adolescents to feel they have lost the meaning of their existence in the family and can lead to mental disorders in adolescents. Annelia (2019), also explains in her research that the disorder Adolescent mentality affects all aspects of their lives, including causing problems both in behavior, development, and health to relationships with parents. In this case, parents need to be more sensitive to children's behavior, because signs of mental health disorders in children tend to be difficult to identify clearly (Wulandari et al., 2019).

For this problem, Sunarto (2014), explained that the situation of life in the family in the form of parenting patterns, in general, can still be improved by the parents themselves, but the social situation with their peers tends to be difficult to improve. Therefore, awareness and the role of parents are very important here. As stated by Jay Kesler (1978), adolescents really need role models from parents as well as adults, therefore parents should be role models and do not apply wrong parenting patterns such as parenting. orientation (parent-oriented) where parents are all right,- have privileges,- and emphasize authority. According to Helmawati "broken home" is usually used to describe a broken family due to parents no longer caring about the situation and family conditions at home. Parents no longer pay attention to their children, both problems at home, school, to develop the association of their children in the community. This condition has a very large impact, especially on children. It could be that the child becomes moody, sad prolonged, and embarrassed. In addition, the child also loses grip as well role models in the transition to adulthood. To prevent this from happening, Hoffman (1989) suggests that there are three types of parenting styles that must be developed, namely: (1) fostering love or induction; (2) parenting style show power or power assertion; and (3) love withdrawal or love withdrawal parenting.

In this study, we emphasize how parents' awareness of psychological problems in adolescents, especially during puberty, is so influential and plays an important role in the development of adolescents in the future. a trivial thing that we can just ignore. From the explanation above, the writer decided that A Study about the Parents Awareness on Psychological Problems of Teenagers at Puberty became the focus of this research.

The formulation of the problem in this study is about how the influence of parental awareness on mental conditions and psychological problems faced by adolescents during puberty. Based on the formulation of the problem, the purpose of this study was to determine how the influence of parental awareness on mental conditions and psychological problems faced by adolescents during puberty.

The results of this study are empirically expected to contribute ideas to solving problems related to the psychological problems of adolescent children during puberty. While theoretically it is hoped that it can be used as a force for the development of adolescent psychological science, and can also be used as consideration in providing knowledge about parents' awareness of psychological problems in adolescents during puberty.

Limitations in this study are the answers to questions depend on people's responses, there is a possibility that some people do not answer questions honestly, allowing for errors and subjectivity. Then it is also possible that participants who were randomly selected in the use of research instruments could not represent the entire population accurately and appropriately.

## METHODOLOGY

The method used is descriptive quantitative, this study aims to identify parental awareness of the psychological condition of adolescents during puberty. Data analysis was combined with a hypothesis, namely the influence of parental awareness on children's psychological problems. puberty. The research subjects were taken randomly from parents who have teenage children or who are in the puberty stage. The sample involved in this study was 22 participants. junior high school, high school, and college, as well as parents who have adolescent children with problems or deviant behavior.

The first step that the author takes in determining the influence or level of parental awareness regarding the psychological condition of their children is by using a research instrument in the form of a questionnaire (questionnaire). The data of this questionnaire is divided into 2 parts. The second data contains a number of questions consisting of 14 questions on how parents are aware of adolescent psychological problems. The questions included, one question regarding parental knowledge about puberty, four questions regarding children's openness to parents, three questions regarding parental sensitivity to children, two questions regarding open communication and parent-child attention, and four questions regarding parenting and education related to given by parents. In this case, respondents were given a choice of Yes and No answer options to answer the questions given.

## DISCUSSION

### Result

From the results of the study, it was found that the characteristics of the respondents' adolescent children were based on gender, according to the following table:

Tabel 1. Description of research subjects by gender

Gender	Frequency	Presentange
Boys	3	13,6%
girls	19	86,4%

Table 1. This shows that parents who have daughters are more numerous than boys in adolescent psychological problems in this study. The results of the study also obtained the category of parents in dealing with psychological problems of adolescents according to the following table:

Tabel 2. Category of parents in dealing with adolescent psychological problems.

No	Respondent characteristics	Percentage
1	Parents in good category	36.4%
2	Parents in bad category	13.6%
3	Careful parents	18.2%
4	Parents with deviant behavior	9,1%
5	Parents in bad category	4.5%
6	Parents with depressed children	18.2%
Total		100%

Table 2. This shows that there is a relationship between parental awareness and

psychological problems. 36.4% of parents are in a good category, 13.6% are in the poor category, 18.2% are cautious parents, 9.1% parents have deviant behavior, 4.5% parents poor category, and 18.2% of parents with depressed children.

### Discussion

Adolescence is an important period in the development of children. Adolescence is generally considered to be the most difficult period in a child's developmental stage. Psychologists have so far labeled adolescence as a period of storm and stress, to describe a period full of turmoil and stress (Dr. Hj. Ulfiah, 2016). Adolescence, which in its original language is called adolescence, comes from the Latin *adolescere* which means "to grow or to grow to reach maturity". Primitive nations view youth as puberty (Laela, 2017).

The changes that occur during puberty can have an impact on adolescents, such as doubt, feelings of inadequacy, and insecurity, and in many cases lead to unfavorable behavior. This is supported by Dunbar (In Jahja, 2011: 222), which states that during this period, developing adolescents experience various changes in the body, changes in status including appearance, clothing, possessions, range of choices, and changes in attitudes towards sex. and the opposite sex. These include changing parent-child relationships and changes in the rules imposed on young people.

Adolescent behavior is generally characterized by mood swings that often change. This is normal for adolescents who are going through puberty. Although it is normal for teenagers to experience mood swings, it becomes abnormal if it drags on with extraordinary emotional turmoil. Adolescents who have low self-confidence, are always dissatisfied with themselves, or feel helpless when something bad happens are more at risk of developing depression (LumonggaLubis, 2016). Darmayanti (2015), in his research entitled "Meta-Analysis: Gender and Depression in Adolescents", revealed that people with depression in their teens showed a very high increase compared to childhood and adulthood. Increased depression in adolescents is associated with gender. There is a difference in the level of depression in adolescent boys and girls. Research shows that adolescent girls are more likely to experience depression, anxiety disorders, eating disorders, and adjustment disorders than boys who are more likely to engage in destructive behavior.

This relates to the research conducted by the author. From the results of the first data study, it was obtained that the majority of respondents chose the female gender as many as 19 people (86.4%), and the male sex as many as 3 people (13.6%). Most of them have teenage girls who are more prone to depression. As explained by Lumongga Lubis (2016), adolescent girls are twice as prone to depression as teenage boys.

From the results of the review obtained from 22 respondents, one parent (4.5%) has poor awareness of the child's psychological problems, he is not aware of any changes in the child's physical and behavior. Then, from the data obtained, there are four parents (18.2%), who have sons and daughters who are depressed. Three of them are female and one is male. The factors that cause this are because children are less open, lack communication with parents, and keep their worries to themselves. Other factors also found that parents are less sensitive to problems or changes in children.

It is also described in a study on children's conflicts with their parents in 468 adolescents aged 11-16 years by Lestari (2012), that 83.8% of adolescents feel conflict with their parents. Parent-child conflicts occur among others in terms of learning achievement that is considered not as expected, the use of free time (59.28%), the use of cell phones (53.30%), and their involvement in helping with homework (52.67%). In addition, it was revealed that the high level of parent-child conflict hinders the growth of children's open attitude to their parents. Prolonged parent-child conflict can lead to psychological problems for children in the future such as depression and other mental health problems (Indrawati & zulfa al faruqy, n.d.).

From the results of the research that has been carried out, it was also found that there were 7 out of 22 respondents whose children had problems in meeting their needs. First, three (13.6%) of

them knew about puberty and knew that children had changed both physically and in behavior, he also met the material needs of children such as instilling good education. good, but does not meet the psychological needs of children such as a sense of attention, affection, good communication, as well as sensitivity to children's problems. Then, two (9.1%) of them are parents who are good at meeting the material and psychological needs of children, but still have difficulty dealing with the problem of juvenile delinquency. Lastly, two respondents (9.1%) are parents whose children are not open about the problem of adolescent physical changes. good and communication between parents and children are quite good in psychological problems, but children are still closed to the physical changes that occur. Children in school-age need complex and different needs which often contradict to parents willingness (Wahyunengsih, 2018)

So great is the role of parents in psychological problems in adolescents. In this case, not only material needs must be met by parents, but also the fulfillment of needs is needed to minimize the occurrence of negative changes in adolescents. In their research, Nur Utami & Raharjo (2019), said that juvenile delinquency is a normal thing that occurs caused by changes in physical, psychological, and social aspects so that teenagers tend to be ignorant or resistant to existing regulations. In the adolescent phase, a person needs the role of parents to prevent delinquency so that it remains within tolerable limits.

According to Abraham Maslow (S. Nugroho, 1987), a number of factors from within the family are needed by children in the process of social development, namely: the need for security, respect, love, acceptance, and freedom to express themselves. mentally. The feeling of material security means meeting the needs for clothing, food, and other necessary facilities as long as it is not excessive and is not beyond the ability of parents. Feeling mentally safe means fulfillment by parents in the form of emotional protection, avoiding tension, helping in solving problems being faced, and providing assistance in stabilizing emotions (Laela, 2017:159).

In this case, it is important for parents to maintain harmony for the family. By providing support, affection, and attention, they will be able to develop self-concept in children, especially teenagers. As explained in a study conducted by Dewi & Rustika (2014), regarding the role of parents and peers in adolescent self-concept, shows that family harmony and The acceptance of peers together plays a role in adolescent self-concept. Similarly, Widanarti & Indati (2002) in their research revealed that social support from the family will help adolescents in solving a problem that can form strong self-efficacy in themselves. On the other hand, the absence of attention, acceptance, help, and support from the family makes adolescents feel insecure and unsure in solving the problems they face so that these psychological problems make adolescents have self-efficacy.

Finally, from the research data, it was found that from 22 participants, 8 parents (36.4%) were included in the category of good parents, they had a high level of awareness of psychological problems experienced by adolescents. They answered well questions about physical changes, children's attitudes and behavior, sensitivity, and behavior. High attention to children's problems, and also have good and open communication with children. In this case, according to Andhini (2017), that understanding and support from parents are very beneficial for adolescent development. Open communication in which each family member can talk without any disputes will provide cohesiveness in the family so that it will also greatly help their teenagers in the process of finding their identity. This is supported by A. A. A. Dewi & Valentina (2013), and research conducted by Larasati & Marheni (2019), it was found that there is a significant relationship between parent-adolescent interpersonal communication and social skills possessed by adolescents. Open and two-way communication between parents and adolescents can help adolescents to express their difficulties when developing independence so that adolescents do not fall into negative things when adolescents are confused about their identity of independence, which can be achieved by spending time at least once a week. For family time by means of all family members gathering for refreshing or chatting so that the relationship between family members is close. Therefore parents need to build good communication with teenagers because through this communication teenagers can learn

many things, especially how to socialize in an environment outside the family.

Through communication, parents can also provide support and advice that can help teenagers in dealing with various situations in their lives. Based on the explanation above, it can be understood that an important factor in preventing adolescent psychological problems such as stress and depression is a positive relationship with parents. According to Sekar et al (2020), in their research how to deal with stress in adolescents can be done with self-talk. Self Talk technique is one effective way for teenagers who experience stress to always think positively. This is expected, they can reduce their thoughts. negative attitude towards himself or the surrounding environment and is able to control his emotions. In addition, Pratidina & Marheni ( 2019), in their research, shows that when adolescents have low self-control, they will behave aggressively. On the other hand, adolescents who have high self-control do not have a tendency to bring up aggressive behavior. The important role of parents in adolescence is to be good managers so that adolescents can avoid aggressive behavior. The role of this parent will be carried out properly if the communication between parents and adolescents takes place effectively so that the role of the manager for their children who are in their teens can function effectively as well.

Overall, in this study, it was found that psychological problems that occur in adolescents can be overcome properly if parents have a good role and awareness to pay attention to their child's growth and development, especially during adolescence. Donald Winnicott, a psychoanalyst from England introduced the term good enough mothering, she uses the term to refer to a mother's ability to recognize and respond to her child's needs, without being the perfect mother. Now men too have been "included", so it is quite reasonable to talk about "becoming a good enough parent." (Jahja, 2011).

Family is the primary environment for children. The relationship between parents and children in the family is largely determined by the attitude of parents in raising children, communication between children and parents, and what parents do. Every parent applies different parenting styles to their children. At the age of 17-21 years, parents should be able to supervise children to know, help children learn how to make good decisions, and ask children to learn from their mistakes. parents need to know that they are ready if their child is having a hard time. The quality of parent-child interaction and parental awareness plays an important role in responding to various inconsistencies in the results of studies regarding adolescent psychological problems during puberty.

## CONCLUSION

Based on the results of the study it can be concluded that there is a significant relationship between parental awareness and psychological problems in adolescents. Therefore, the role of parents in educating, providing supervision, giving attention and affection, also meeting the needs of children, both material and psychological children will be very influential in the child's growth and development. especially during the teenage years going through puberty.

Suggestions for further researchers that should take account of the limitations of this study. The limitations found in this study by the researchers were that the studied sample was limited, whose scope was still unclear. Future researchers should focus more on key elements such as the scale used to produce a scale that really reflects what they want to measure.

## REFERENCES

- Agnesia, D. (2017). *Peran Orang Tua Pada Remaja di Masa Pubertas di SMP Dharma Pancasila Medan SKRIPSI*.
- Andhini. (2017). Konsep Diri Remaja Pada Masa Pubertas. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.

- Darmayanti, N. (2015). Gender dan depresi pada remaja. *Jurnal Psikologi*, 35(2), 164–180.
- Dewi, A. A. A. T., & Rustika, I. M. (2014). Peran Keharmonisan Keluarga Dan Penerimaan Teman Sebaya Terhadap Konsep Diri Remaja Smp Di Denpasar. *Jurnal Psikologi Udayana*, 2(2), 290–299.
- Dewi, A. A. A., & Valentina, T. D. (2013). Hubungan Kelekatan Orangtua-Remaja dengan Kemandirian pada Remaja di Smkn 1 Denpasar. *Jurnal Psikologi Udayana*, 1(1), 181–189. <https://doi.org/10.24843/jpu.2013.v01.i01.p18>
- Dr. Hj. Ulfiah, M. S. (2016). *Psikologi Keluarga Pemahaman Hakikat Keluarga Penanganan Problematika Rumah Tangga by Dr. Hj. Ulfiah, M.Si. (z-lib.org).pdf* (pp. 1–262).
- Indrasari, O. (2021). *Remaja Rentan Terpapar Masalah Psikologis, Kenali Gejalanya - Kesehatan di Lifestyle JPNN.com*.
- Indrawati, endang sri, & zulfa al faruqy, M. (n.d.). *Pemberdayaan Keluarga dalam Perspektif Psikologi*.
- Jahja, Y. (2011). *Psikologi perkembangan*.
- Laela, F. N. (2017). Bimbingan Konseling Keluarga Dan Remaja. In *uin sunan ampel presss anggota IKAPI*.
- Larasati, K., & Marheni, A. (2019). Hubungan antara komunikasi interpersonal orangtua-remaja dengan keterampilan sosial remaja. *Jurnal Psikologi Udayana*, 6(01), 88.
- LumonggaLubis, N. (2016). *Depresi Tinjauan Psikologis by Dr. Namora Lumongga Lubis, M.Sc*.
- Nur Utami, A. C., & Raharjo, S. T. (2019). Pola Asuh Orang Tua Dan Kenakalan Remaja. *Focus : Jurnal Pekerjaan Sosial*, 2(1), 150.
- Pratidina, P. A. O., & Marheni, A. (2019). Peran Komunikasi Efektif Orangtua-Remaja dan Kontrol Diri terhadap Tingkat Agresivitas Remaja SMA di Kota Denpasar. *Psikologi Udayana*, 6(1), 58–67.
- Sekar, S., Ananda, D., & Apsari, N. C. (2020). *Mengatasi Stress Pada Remaja Saat Pandemi Covid-19*. 7(2), 248–256.
- Wahyunengsih, W. (2018). Teachers' Perspective on the Challenges of Teaching English for Specific Purposes in Indonesia. *Journal of English for Academic and Specific Purposes*, 1(1), 22.
- Widanarti, N., & Indati, A. (2002). Hubungan antara dukungan sosial keluarga dengan self-efficacy pada remaja di SMU Negeri 9 Yogyakarta. *Jurnal Psikologi*, 2, 112–123.
- Wulandar, I., Hernisawati, & Tohir, M. (2019). Kondisi Psikologis Remaja Akibat Kurangnya Perhatian Orangtua di Desa Balekencono. *Bulletin of Counseling and Psychotherapy*, 1(1), 1.