

## HOW PARENTING AFFECTS ADOLESCENT SELF-CONFIDENCE

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### Abstrak

Jurnal ini bertujuan untuk menganalisis hubungan pola asuh dan perkembangan percaya diri pada remaja. Percaya diri merupakan faktor penting dalam perkembangan individu, terutama pada masa remaja yang merupakan periode transisi yang penuh tantangan. Pola asuh yang diberikan orang tua dan lingkungan sekitar dapat memiliki dampak yang signifikan terhadap perkembangan sosial dan emosional remaja, termasuk tingkat percaya diri mereka. Dalam studi ini, dilakukan tinjauan terhadap berbagai teori perkembangan remaja, teori pola asuh, dan penelitian terkait yang telah dilakukan sebelumnya. Hasil analisis menunjukkan bahwa terdapat keterkaitan antara pola asuh dan perkembangan percaya diri remaja. Pola asuh otoritatif, yang menggabungkan pengasuhan yang responsif dengan batasan yang jelas, cenderung berhubungan dengan perkembangan percaya diri yang positif. Di sisi lain, pola asuh otoriter atau permisif mungkin memiliki dampak negatif terhadap perkembangan percaya diri remaja. Selain itu, faktor-faktor seperti komunikasi orangtua-remaja, dukungan emosional, dan model perilaku yang diberikan oleh orangtua juga memainkan peran penting dalam membentuk tingkat percaya diri remaja. Temuan dari jurnal ini memiliki implikasi penting dalam upaya meningkatkan kualitas hubungan orangtua-remaja dan mendukung perkembangan positif pada remaja. Penelitian lebih lanjut dapat dilakukan untuk lebih memahami mekanisme dan variabel yang terlibat dalam interaksi antara pola asuh dan perkembangan percaya diri remaja secara mendalam.

**Kata Kunci:** Pola asuh, percaya diri, remaja

### Abstract

*This journal aims to analyze the relationship between parenting styles and the development of self-confidence in adolescents. Self-confidence is a crucial factor in individual development, particularly during adolescence, which is a transitional period filled with challenges. The parenting styles provided by parents and the surrounding environment can significantly impact adolescent's social and emotional development, including their level of self-confidence. In this journal, a review is conducted on various theories of adolescents development, parenting styles, and relevant previous research. The analysis result indicate a connection between parenting styles and the development of adolescents self-confidence. Authoritative parenting, which combine responsiveness with clear boundaries, tends to be associated with positive self-confidence development. On the other hand, authoritarian or permissive parenting styles might have negative impacts on adolescents self-confidence. Furthermore, factors such as parent-adolescents communication, emotional support, and parental role modeling also play crucial roles in shaping adolescents' self-confidence levels. The findings from this journal hold significant implications for enhancing the quality of parent-adolescent relationships and supporting positive self-confidence development in adolescents. Further research can delve deeper into understanding the mechanisms and variables involved in the interaction between parenting styles and adolescent self-confidence development.*

**Keywords:** Parenting styles, self-confidence, adolescents

## 1. INTRODUCTION

Social-emotional development in adolescence is characterized by several behaviors, both positive and negative. These behaviors are influenced by treatments that come from the environment. This is as described by Dusek (1977) and Bezonsky (1981), that negative behavior in adolescents is caused by environmental treatment that is not in accordance with the guidance or needs of adolescent development. Therefore, at the development stage of adolescence, it must be supported by the understanding of parents as friends and friends who embrace through appropriate parenting since childhood.

Hurlock (1978) states that parents' treatment of children will affect children's attitudes and behavior. Parental attitudes or parenting determine family relationships, because once a relationship is formed, it tends to last. When parents understand the child well and recognize his unique attitudes and talents, develop and foster his personality without forcing him to be someone else. In communicating with children, they should not threaten and judge but with words that love or encourage/motivate so that children achieve success in the formation of children's character (Norman, 1996). Achieving success in the formation of children's character early on can have a good effect on their confidence when they enter adolescence, because they will feel supported and embraced in doing positive things in their lives.

A positive parent-child relationship includes respectful interactions, emotional support and open communication. Supportive and responsive parents help adolescents feel heard and valued, which in turn, contributes to the formation of a positive view of self. Through positive engagement and healthy relationships between parents and children, a strong foundation can be built for the development of adolescent self-confidence.

According to Hurlock (1999), parenting patterns are divided into 3 types, namely democratic parenting, authoritarian parenting, and permissive parenting. Each parenting pattern has an impact on the social and economic development of children, especially the influence on adolescent self-confidence. Authoritarian parenting is identical to the strict rules set by parents for their children, if they fail, punishment will usually be given. In permissive parenting, parents often position themselves as friends rather than parents, parents rarely discipline children because they have relatively low expectations of maturity and self-control. Whereas in democratic parenting, parents have a parenting style by respecting children's freedom that is not absolute, children grow up with an attitude of responsibility and discipline based on the norms that parents have applied since childhood. In this case, the author wants to conduct a literature study related to how these parenting patterns affect adolescent self-confidence.

## **2. METHOD**

This literature study is made with a descriptive analysis method with a literature review. By describing phenomena that are ongoing or have occurred. The first step in using this method is to gather a collection of relevant and representative literature on the topic being explored. These literature sources can include scientific journals, books, articles and other publications. Next, the literature is systematically analyzed by identifying key elements such as concepts, theories, methodologies, key findings, and approaches used by the authors in each literature source, by reading, recording, and comparing the information found in the literature.

In the context of this descriptive analysis method, the main objective is to provide a clear and comprehensive picture of the issues being discussed, without attempting to make generalizations or more in-depth inferences as in other research methods. Through this descriptive analysis approach, it is hoped to gain a better understanding of the existing literature landscape on this topic.

### **3. RESULT AND DISCUSSION**

#### **Teenagers**

Adolescence according to psychology is a form of change with a strong motivational drive, high curiosity, and adolescents are vulnerable to stress. A person aged 11 to 18 years can be categorized as an adolescent. According to Piaget (in Hurlock, 1991) psychologically adolescence is an age when individuals become integrated into adult society, a period when children do not feel that they are below the level of their elders but feel equal, or at least equal. Papalia, Old and Feldman (2008) also argue that adolescence is a transition period between childhood and adulthood that contains major changes both physically, cognitively, and psychosocially. Adolescence begins with puberty, a process that leads to sexual maturity or fertility (the ability to reproduce).

Adolescents are assets of religion, nation, and state both in their roles as individuals and as members of society and citizens. Therefore, comprehensive self-development in all aspects of life, both physical and psychological is necessary. Emotionally, although adolescents are overall happier than unhappy, (Larson, Moneta, Richards, Wilson, 2002) evidence suggests that adolescents experience frequent and intense emotions that accompany an increased risk of mental disorders characterized by problems with emotion regulation. This suggests that while there are significant levels of happiness among adolescents in general, they are also prone to experiencing strong emotional fluctuations, which in turn can contribute to the risk of mental disorders. Research conducted by the World Health Organization (WHO) in 2010, as outlined in the work of Damayanti (2011), revealed that 1 in 5 children younger than 16 years old experience mental emotional problems.

Furthermore, research also shows gender differences in adolescents' emotional experiences. Adolescent girls tend to have more frequent levels of depressed mood compared to boys. Studies conducted by Weinstein et al. (2007) and Holsen, Kraft, & Vittersø (2000) observed that adolescent females have a tendency to feel higher levels of anxiety and emotional distress. These findings highlight the importance of understanding gender differences in the context of adolescent mental well-being, as well as providing deeper insights into how social and biological factors may influence emotional responses at this age.

Self-development in adolescents is not only related to their cognitive and physical aspects, but also involves their emotional development. The development of cognitive aspects in adolescents is directed at expanding their knowledge and insight, so that they have a broad horizon of view of themselves and the surrounding environment. By having a strong intellectual foundation, adolescents can be better prepared to face and compete in the ever-evolving global challenges. However, the development of affective, social and emotional aspects cannot be ignored. Emotional intelligence is an important foundation in fostering healthy and affective interpersonal relationships. The ability to respond appropriately through expressions and emotions helps adolescents to interact and communicate well in various social situations. It also helps them manage stress, resolve conflicts, and develop the emotional maturity essential for holistic development.

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According to George Morisson (2012), positive social-emotional development has an important role in facilitating children to interact with their peers and learn more effectively, not only in the scope of education, but also in various activities in the social environment. In the new world they face, children are faced with the challenge of establishing relationships with peers, interacting with teachers, and adapting to the role of adults around them. However, not all children are able to smoothly pass through these stages of social emotional development at an early age, so various obstacles and barriers can arise. As educators, it is important to have a deep understanding of the process of social emotional development. This understanding becomes the foundation in providing appropriate guidance, so that children can develop their social and emotional abilities optimally.

By understanding the dynamics of children's social-emotional development, educators have a crucial role in helping children get through this phase well. By providing the right support, children can develop the essential social and emotional skills to interact with their surroundings, establish healthy relationships and succeed in various aspects of life. The importance of a balanced approach in the development of three aspects, including intellectual, social-emotional, and life skills in various forms of education (informal, formal, and non-formal) must also be complemented by spiritual development. Thus, comprehensive adolescent development, including emotional development, not only forms individuals who are intellectually intelligent, but also empowered in social relationships, competent in life skills, and have a solid spiritual foundation to live life with a higher purpose.

Emotional intelligence, as developed by Salovey (Goleman, 2009) has five main dimensions that form an important foundation in the development of a person's emotional abilities. Among them are self-awareness, managing emotions, motivating oneself, recognizing emotions in others, and handling relationships. Self awareness is a person's ability to recognize and understand feelings and emotions felt by oneself, this includes the ability to monitor emotions, recognize what triggers certain feelings, and have a clear picture of how feelings affect behavior and decisions. Managing emotions is the ability to regulate emotions effectively and healthily. This includes the ability to manage stress, defuse negative emotions, and utilize positive emotions to encourage oneself. Motivating oneself is the ability to direct emotions and internal drives to achieve desired goals. This involves the ability to motivate oneself despite challenges or obstacles. Recognizing emotions in others is the ability to read and understand the feelings and emotions of others. This includes the ability to read facial expressions, body language, and other emotional signals to understand what others are feeling. And handling relationships is the ability to interact and communicate with others in healthy and effective ways. This includes skills in building relationships, resolving conflicts, and collaborating with others.

In developing these five dimensions, adolescents can gain solid emotional intelligence and be able to better deal with challenges in their personal and social lives. These dimensions are interconnected and support each other in forming comprehensive emotional maturity. As for adolescent social behavior, Hurlock (2003) argues that social behavior shows the ability to become a social person. Social behavior is a term used to describe the general behavior shown by individuals in society, which is essentially a response to something that is considered acceptable or unacceptable by one's peer group.

This general behavior is characterized by feelings, actions, attitudes, beliefs, memories, or respect for others. According to Hurlock, social behavior is the physical and psychological activity of individuals towards others and vice versa in terms of fulfilling themselves or others in accordance with social demands. Behavior in language means doing or doing something according to the nature that is appropriate for humans. Socially means everything about society or society. The adolescent period is a period of *strum und drang*, which means a turbulent transition from childhood to adulthood. Adolescence can be divided into 3 stages, namely early adolescence (12-15 years), middle adolescence (16-18 years), and late adolescence (16-18 years) (Sarwono Sarlito, 2009).

This large number of adolescents is a national asset that must be maintained and optimized for growth and development and health, both physical and mental. However, the current phenomenon shows several characteristics that indicate a number of adolescents who experience a lack of self-confidence. Some of the characteristics that emerge are low motivation to compete, lack of drive to develop their potential and achieve, and instability in personality.

Several studies have highlighted that these problems can be related to low levels of self-confidence among adolescents (Idrus & Rohmiati, 2008). The impact of this lack of self-confidence can be widespread and affect various aspects. One of the consequences is the emergence of deviant behavior or juvenile delinquency as an effort to compensate for the feelings of insecurity that exist in these adolescents.

A lack of self-confidence can affect a number of areas in an adolescent's life. Firstly, low motivation to compete can limit an adolescent's potential to achieve and reach desired goals. Secondly, a lack of drive for self-improvement and achievement can hinder personal growth and the development of talents. Third, unstable personalities can make adolescents more vulnerable to stress and mental disorders.

Efforts to boost self-confidence in adolescents are crucial in ensuring their development and well-being. Proper education and emotional support from parents, teachers, and the surrounding environment can help overcome this problem. By providing opportunities for adolescents to feel accepted and valued, and providing positive encouragement to develop their potential, we can help promote the development of more balanced and confident adolescents.

### **Fostering Patterns**

Fostering patterns consist of the words pattern and fostering, which according to the Big Indonesian Dictionary, the word pattern means model, system, way of working, form (fixed structure). Meanwhile, the word "foster" means guarding, caring for, educating children so that they can stand on their own. So in this framework, Petranto (Suarsini, 2013) states that parenting is a pattern of behavior applied to children that is relatively consistent over time. This pattern of behavior is felt by the child, from the negative side and the positive side. The parenting patterns instilled in each family are different, this depends on the views of each

parent. Parents certainly have their own desires and dreams for their children, parents who impose their will, tend to apply strict parenting and discipline to their children without thinking about their own children's wishes, but on the other hand, parents who prioritize children's wishes, tend to take care of their children by including children's opinions in parenting to decision making.

Petranto's research underlines that parenting is not just about rules and discipline, but also about how parents are able to embrace their children's unique desires and personalities. For example, when parents prioritize children's wishes, teenagers may feel valued and have the freedom to develop themselves. On the other hand, overly lenient parenting can also lead to less resilient behavior and a lack of understanding of boundaries. The importance of alignment between children's needs and parents' views in parenting is a major factor in shaping adolescents' self-confidence. A balanced approach, as proposed by Petranto, where children's opinions are respected but also wisely directed by parents, can play an important role in shaping adolescents who have healthy and balanced self-confidence.

In Gunarsa's view (2002) parenting is not just routine actions or daily habits, but rather a complex blend of values, beliefs, and interactions that form the basis of parents' interactions with their children. He describes parenting as a dynamic process involving interconnected emotional communication, teaching, discipline, and emotional support. Thus, parenting reflects parents' active efforts in guiding and shaping their children's physical, emotional, social and cognitive development to become balanced and independent individuals in society.

Meanwhile, the understanding stated in the UN General Assembly resolution (Pamilu, 2007) explains how the family has a central role in shaping the moral and social foundation for individual development. Apart from being the initial educational institution, the family also plays a role in shaping attitudes, values and norms that guide its members in interacting with the wider social environment. In other words, the family is not only a place where each family member learns about relationships, empathy, responsibility, and solidarity.

In line with this resolution, the family also functions as a support for the sustainability of society. By providing learning, guidance and support, the family encourages its members to build the skills needed to take on meaningful roles in society. By providing a healthy environment and nurturing positive relationships, families help maintain the well-being of their members, build mental resilience, and stimulate continued personal development. This UN General Assembly resolution therefore reinforces the concept that the family has a profound impact in shaping individuals and Society as a whole. Through this broad and comprehensive role, the family becomes an important bridge in bridging the character formation of individuals with their positive contributions in the larger social context.

In this buzzing and practical modern era, although it brings great benefits in terms of access to information and convenience, it also has impacts that require special attention, especially in the younger generation. The tendency to be lazy and less resilient in the face of challenges can reduce self-motivation and a sense of responsibility for the tasks at hand. The declining writing ability of teenagers is often met by a tendency to copy and paste in completing school or college assignments. When materials are easily available through photocopying or the internet, it is important to remain confident by applying the value of carefully recording and processing information and modifying it in one's own writing.

The emergence of complaints about overwhelming and demanding tasks also indicates changes in perceptions of effort and hard work. Articles highlighting the need for more difficult life experiences are of interest as they reflect the challenges of dealing with uncertainty and limitations. A generation that has grown up in comfort and ease should be given the opportunity to develop independence and the ability to face difficult situations with resilience.

In this context, the role of parents in shaping children's character is crucial. They need to provide lessons on the meaning of values such as hard work, perseverance and self-reliance. Education that teaches how to overcome obstacles and difficulties (adversity quotient) will help young people become more resilient to pressure and more prepared and confident to face life's challenges. This doesn't mean putting children through the ringer, but building a resilient mental foundation through experience and learning from adversity. As such, the younger generation will be better equipped to deal with the complexities of the real world, and less reliant on instant comfort and convenience.

### **Authoritarian Parenting**

Parents with authoritarian parenting tend not to provide space for teens to develop creativity and critical thinking. Strict restrictions and lack of opportunities for discussion can inhibit teens from articulating their ideas or taking healthy risks in self-exploration. As a result, children in authoritarian parenting feel less able to face challenges or feel they have no control over their lives. Fear of punishment or negative judgment can hinder a child's willingness to take steps that build confidence in themselves. Authoritarian parenting does bring some benefits, including discipline and clear rules, as parents with this parenting style provide a clear structure and firm rules, which can help teach children about responsibility and the consequences of their actions, security and order from an organized and orderly environment that can provide a feeling of security and order for children and help them feel protected. Resistance to negative social pressure, children who grow up in this parenting pattern tend to be able to resist negative social pressure because they are accustomed to strict limits and guidelines.

Below is the frequency and percentage of making firm limits on children and imposing strictness answered by 205 respondents in RW 15 Ciputat, South Tangerang.

**Table 1. Frequency and Percentage of Making Firm Limits on Children**

Answer	Frequency	Percentage %
Strongly agree	50	24,4%
Agree	119	58%
Not agree	35	17,1%
Strongly not agree	1	0,5%
Total	205	100%

**Table 2. Frequency and Percentage of Imposing Will**

Answer	Frequency	Percentage %
Strongly agree	17	8,3%
Agree	50	24,4%
Not Agree	123	60%
Strongly not agree	15	7,3%
Total	205	100%

### **Permissive Parenting**

This parenting pattern is an approach that characterizes the behavior of parents who give unlimited freedom to their children. In this parenting, rigid rules and boundaries are hardly enforced, and children have a high degree of autonomy in making decisions and acting as they wish. Parents with this parenting pattern tend to avoid conflict and provide immediate gratification to the child, even if this means ignoring the principles of more consistent discipline.

The permissive parenting style is characterized by parents following their children's wishes. Parents consider children's choices as policy decisions in the family and children become the source of decision-making in many considerations. Prasetya (Anisa, 2005) describes permissive parenting as often called neglectful parenting, where parents' interests are prioritized, and children's personality development is often neglected. In this parenting style, parents may not really be involved in the child's daily life and lack in-depth knowledge of the child's activities and experiences. The focus on personal interests can result in children feeling less cared for and less supported in their development.

Dariyo (Annisa, 2005) adds that the use of this parenting style can have consequences in terms of children's lack of understanding of social rules. Children may not be accustomed to facing boundaries or following the norms that exist in society. Nevertheless, Dariyo also highlights the positive potential of permissive parenting. If children are able to use the freedom given responsibly, they can develop independence, creativity, and the ability to realize their unique potential.

But of course, every parenting pattern has a negative impact, the negative impact of permissive parenting includes a lack of discipline and responsibility for children because they have difficulty dealing with consequences and do not understand the importance of respecting boundaries. Uncertainty of norms and values, experiencing confusion in understanding important norms and values. Difficulty coping with frustration because they rarely face limits or restrictions. Lack of preparation for the real world where there are rules, boundaries and demands to follow. Children who grow up with permissive parenting also have the potential



for negative or temperamental behavior when they don't get their way.

Parents who do not care about children's problems will have many negative impacts on children's growth and development until adolescence and adulthood, including the presence of a crisis of confidence in children, mental disorders, the absence of bonding between children and parents, behavioral disorders, difficulty in establishing relationships with people around them, suboptimal cognitive development, poor learning outcomes, and not having coping skills to overcome problems or failures that come.

**Table. 3 Frequency and Percentage of Allowing Children to Hang Out with Anyone**

Answer	Frequency	Percentage %
Strongly agree	99	48,3%
Agree	51	24,9%
Not agree	61	29,8%
Storngly not agree	6	2,9%
Total	205	100%

Some people may think that allowing children to hang out with anyone is a pleasant parenting style, but it turns out that there are many negative impacts that follow this parenting style, namely children are very likely to fall into smoking behavior, drinking alcohol, brawls, drugs, or free sex. Children can also be exposed to sexually transmitted diseases such as HIV/AIDS, syphilis, gonorrhea, or chlamydia. Children may experience psychological disorders such as depression, stress, trauma, or guilt, decline in academic performance or drop out of school, lose a bright future or career opportunities, and lack good moral or religious values. So the prevention of children falling into promiscuity is very necessary, by providing early sexual education to children, supervising their activities and friends, providing sufficient love, and providing examples of good behavior to children.

#### **Democratic Parenting**

Democratic parenting has distinctive features, where parents control children's behavior while remaining flexible and not rigid. In this case, the control given by parents is more directive than commanding. While parents provide clear guidelines, they also provide space for children to develop creativity and initiative. In the process, parents create a warm and supportive environment, which helps build confidence in the child. Open and active communication between parents and children is also a key feature of democratic parenting. Children are invited to talk and share their views with parents on various matters. This creates a space for discussion, exchange of ideas and mutual understanding. Parents who are able to listen to and respect children's aspirations help develop a sense of value and importance of their views. In addition, parents' ability to understand children's needs is also very important in democratic parenting. Parents who are sensitive to changes in children's developmental stages, their interests and the challenges they face, can provide appropriate and relevant support. This helps to ensure that parenting is not only mindful of rules and boundaries, but also able to meet the individual needs of the child.

Gunarsa (2000) explains that in the democratic parenting approach, parents show respect for freedom that is not absolute, while still providing understanding guidance to children. In this parenting, parents communicate with children, providing rational and objective explanations if children's desires or opinions are not in line with prevailing norms or values. The result of this parenting is the growth of children who have a sense of responsibility, and are able to act in accordance with existing norms and values. However, Dariyo (Anisa, 2005) emphasizes that democratic parenting also has a negative side. Children who grow up with this parenting style tend to doubt parental authority, because they consider all decisions with their parents, which can lead to a shift in parental authority.

**Table. 3 Frequency and Percentage of Giving Freedom but Still Controlling**

Answer	Frequency	Percentage %
Strongly agree	57	27,8%
Agree	120	58,5%
Not agree	24	11,7%
Strongly not agree	4	2%
Total	205	100%

Parenting patterns by giving freedom but still being able to control children produce many positive impacts, namely children can manage the freedom given as wisely as possible by being responsible for what they do, children feel supported by parents in positive ways and do not feel underestimated or criticized, children can develop good social, communication and problem-solving skills, children can also express their opinions in decision making.

Democratic parenting encourages children or adolescents to have freedom and responsibility in expressing opinions and carrying out tasks that are their responsibility. In democratic parenting, openness, respect for children's opinions, and cooperation are upheld (Baumrind in Fathi, 2010). Discussions between parents and children are one of the important characteristics of this parenting pattern, where the existence of children is recognized and appreciated, while freedom of speech and expression is given to children under the guidance and supervision of parents.

Arkoff (in Fathi, 2010) stated that children who are educated with a democratic approach tend to express their aggression in the form of constructive actions or in the form of temporary hatred. The results of research conducted by Rohner, Khalaque, and Counoyer (2007) also show that parenting that is full of acceptance and appreciation from parents can make children feel loved, protected, considered valuable, and get support from parents. Such parenting is very beneficial in shaping the personality of children who tend to be pro-social, confident, independent, and have concern for their environment.

Democratic parenting gives children the opportunity to develop critical thinking skills, independence, and responsibility. Discussions that occur between parents and children also help children learn to communicate, understand various views, and work together to find solutions. Through this approach, children are taught to appreciate differences, feel accepted, and understand that their opinions have value. Overall, democratic parenting has a positive

impact on the formation of a child or adolescent's personality and development. This approach not only allows children to grow into empowered individuals, but also supports the development of their social, emotional and cognitive aspects in a positive and balanced way.

Erikson (in Sprinthall & Collins, 1995) has suggested that social support from peer groups plays an important role in the lives of adolescents. This encourages adolescents to seek integration and bonding with their peers. Peers become a significant source of reference for adolescents regarding various aspects of life, and provide opportunities for adolescents to take on new roles and responsibilities with social support and encouragement from their peers.

Peers play a key role in adolescents' social and emotional development. Interactions with peers can help adolescents understand themselves, develop social skills, and build meaningful relationships outside the family environment. The presence of peers also provides opportunities for adolescents to learn to adapt to various social situations, resolve conflicts, and understand the dynamics of relationships between individuals.

In addition, social support and positive interactions with peers can have a positive impact on the development of adolescent self-confidence. When adolescents feel accepted and valued by their peers, they tend to feel more confident in various situations. Support from peers can help adolescents overcome challenges and develop a positive perception of their own abilities.

Thus, it is important for adolescents to have a supportive social environment and have opportunities to interact with peers in a positive way. Meaningful interactions with peers can play a significant role in building a strong and healthy sense of self in adolescents, as well as helping them deal with the various challenges and changes that occur during the transition to adulthood.

The results of research on Parental Parenting Patterns with Emotional Behavior in adolescents at SMP Negeri 04 Jember Regency identified several categories of parenting patterns used by parents, namely Authoritarian Parenting, Democratic Parenting, and Permissive Parenting. In the context of this study, it was found that Authoritarian Parenting is applied by a number of parents, and this can be seen from the results of the frequency of respondents who reached 29, with a percentage of 50% of the total population studied. This pattern is indicated by the use of a parenting style that tends to be characterized by strong authority and control. Meanwhile, Democratic Parenting is also adopted by some parents, with 14 respondents and a percentage of 24%. This pattern emphasizes children's participation and involvement in decision-making, as well as providing space for children's expressions and opinions.

Permissive Parenting is also one of the patterns identified in this study, with 15 respondents and a percentage of 25%. This pattern shows characteristics where parents tend to give greater freedom and leeway to children in terms of decision-making and actions. This finding provides an overview of the variation in parenting patterns applied by parents in the population studied. The difference in proportions between these three parenting patterns can provide insight into the preferences and tendencies of parenting in the neighborhood, as well as the implications for child development and parent-child relationship dynamics in the community.

Hurlock's three parenting patterns certainly have pros and cons in practice in the

community. Therefore, it is not uncommon for parents to apply situational parenting, namely by combining authoritarian, permissive, and democratic parenting in guiding and educating their children. Parents apply parenting flexibly according to existing situations and conditions. This reflects the complex reality of educating children, where the needs and development of the child as well as the family context and environment play an important role in determining the most appropriate approach.

Thus, in the context of parenting, there is no absolute right or wrong approach. What is important is to maintain a balance between giving children freedom and responsibility, while also providing guidance and direction that is in line with the desired values and norms in their character building and development.

Situational parenting certainly has significant implications for the development of children's self-confidence. In this case, parents adapt their parenting based on the situation, needs, and development of the child. This can have a complex impact on children's self-confidence. Children will feel recognized and valued when parents acknowledge and appreciate their achievements and efforts. When parents give children freedom and responsibility in appropriate situations, children can develop a sense of independence. They learn to overcome challenges and make decisions, which can increase their confidence in their own abilities. Parents with situational parenting provide support and guidance according to the situation the child is facing which helps the child feel supported and have access to the resources needed to face the situation with confidence.

However, situational parenting also has some potential negative impacts on children's self-confidence, namely if this parenting is inconsistent, children will feel uncertain in facing new situations or making decisions. This uncertainty undermines their self-confidence. Children in this upbringing tend to rely on parental guidance in every situation which can inhibit them from relying on themselves. Children may also become more sensitive to other people's judgment because they feel too dependent on other people's responses.

In fostering confidence in children with situational parenting, it is important for parents to create a healthy balance between providing support, developing independence, and providing consistent guidance. A flexible and situationally responsive parenting approach can help children develop strong self-confidence, while still building the ability to face challenges and decisions with confidence.

### **Relationship between Parents and Adolescents**

Based on the results of the analysis of the data collected at Dwijendra Denpasar High School conducted by Larasati & Marheni (2019), it shows significant findings related to the relationship between interpersonal communication between parents and adolescents and the social skills possessed by adolescents. In this approach, the more effective the interpersonal communication between parents and adolescents, the higher the level of social skills possessed by adolescents.

From the data analyzed, it is illustrated that the majority of adolescents at SMA Dwijendra Denpasar have effective interpersonal communication patterns with their parents, at the same time, they also have a level of social skills that is in the medium category. This indicates that through interpersonal communication between parents, adolescents are able to feel comfortable talking about themselves and can also talk about various problems they face openly with their parents.

Yuli Anti's research in 2003 in Semarang City entitled "The Influence of Parenting and the Intensity of Parent-Child Interpersonal Communication on Adolescents' Ability to Make Decisions to Determine the Future" revealed data on parenting and the intensity of communication between parents and children in the context of adolescent decision-making related to their future.

In this study, it was found that most parents have a tendency to give their children the opportunity to make their own decisions. In percentage, 27.47% of parents always give opportunities, 16.48% often give opportunities, and 29.67% sometimes give opportunities to children to make their own decisions. However, the data shows that around 26.38% of parents never give their children the opportunity to make their own decisions. This may be due to a lack of trust from parents in their children's ability to make the right decisions for their child's future.

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In addition, this study highlights the importance of the intensity of interpersonal communication between parents and children in shaping adolescents' ability to make decisions regarding their future. The results suggest that intense levels of communication between parents and children play an important role in helping adolescents develop better decision-making skills. In this context, the study emphasized how important the role of parents is in providing opportunities, supporting and guiding their children in making decisions for the future. Increasing the intensity of communication and building confidence in adolescents' ability to make decisions are important steps in preparing young people to face the challenges of the future more prepared and confident.

Through effective interpersonal communication, adolescents are also able to feel a sense of equality in communicating with their parents. This shows that communication is not only about transmitting information, but also creating an inclusive and respectful relationship between adolescents and parents. Rozali (2016) in his research concluded that effective parenting is one in which parents establish two-way communication with adolescents. In this parenting, adolescents are given the opportunity to convey their thoughts in accordance with mutually agreed limits. Parents value adolescents' opinions and interests, giving them a sense of value and independence. By building effective interpersonal communication, adolescents can develop good social skills, such as respecting others, adapting to the social environment, and interacting outside the family environment.

Self-management or self-control, as explained by Minarni (2017), is the ability to control emotions, follow rules, and accept criticism well from others. Communication between parents and adolescents is an important factor in avoiding emotional problems during adolescent development. This ability to control emotions is also one of the important aspects in the formation of strong social skills. Findings from Thakkar and Sheth's (2014) study showed that communication between parents and adolescents affects adolescents' self-adjustment in terms of self-confidence, achievement, and well-being. This adjustment ability, as an integral part of social skills, is strongly influenced by the type of communication that exists between parents and adolescents.

Leme, Del Prette, and Coimbra (2015) suggested in their research that adolescents who have good social skills tend to have affectionate and positive interactions or communication with parents. Such interactions allow adolescents to understand others better, become more sensitive to others' feelings, and develop empathy in their social relationships.

Positive interpersonal communication between parents and adolescents creates a supportive environment for the development of adolescent self-confidence. Through good interpersonal communication, children feel heard, understood and accepted by their parents, they will feel valued as unique individuals. This helps build a positive sense of self and increases self-confidence. Parents who value adolescents' opinions and feelings send the message that they are important and matter.

Open and deep communication helps teens feel emotionally supported by their parents. When adolescents feel that their parents support them in facing challenges and failures, they tend to feel more confident in coping with various situations. Effective communication with parents also allows adolescents to understand themselves better. The process of talking to each other helps adolescents identify their strengths, interests and life goals. This helps them develop a positive self-image and build confidence in their potential. Through discussion and communication with parents, adolescents can gain different insights and views on various problems. This helps adolescents develop the ability to formulate solutions and overcome obstacles, which in turn increases their sense of competence and self-confidence.

Communication that encourages adolescents to talk about their thoughts and feelings helps them feel more independent in making decisions. Parents who support adolescents' decision-making process and hold them accountable gradually build their confidence in coping with various situations, which in turn contributes to building strong self-confidence. The closeness and openness established between parents and children in daily communication has a significant impact on how the dialogue process to choose the future is conducted. In the process of dialog, parents and children may have different preferences, expectations and goals. While disagreements may arise, it is important to create an atmosphere where each party feels heard and respected. Therefore, the willingness to listen, understand and respect each party's preferences is key to reaching a fruitful agreement.

Dialogical ethical theory underscores the importance of communication focusing on joint efforts to achieve mutual understanding. In the context of decision-making, a dialogical approach leads to explanation, understanding and acknowledgment of differing views. This creates an environment where openness in expressing wishes and expectations can take place in a productive manner.

Overall, healthy communication interactions, openness and mutual understanding between parents and teenagers play an important role in the decision-making process of choosing a child's future. By engaging in dialogue based on dialogical ethics, they can reach a common understanding that allows for respectful decisions that are in line with each other's aspirations.

A lack of close interpersonal communication interactions between parents and teenagers can hinder the ability of teenagers to talk openly about their personal experiences and problems. According to DeVito (1997), the characteristics of effective interpersonal communication from a humanistic perspective include openness, empathy, supportive attitude, positive attitude, and equality. Intense and open communication interactions between parents and teenagers create effective communication and foster positive expectations from both parties.

Openness in communication gives parents and teenagers the opportunity to express their wishes and expectations to each other. In addition, empathy also plays an important role in improving communication effectiveness. When parents have empathy towards their children, they are able to understand the feelings, experiences, hopes and desires expressed by their children. This ability helps parents to adapt to the communication situation and the child's emotional state. As explained by Kurniati (Silalahi, 2010: 143-144), empathy means understanding as others feel and feeling as others feel. In the context of communication, this means trying to see messages or information from the other person's point of view. Parents who listen, pay attention, and understand the stories told by their teenagers show empathy. This creates an environment where children feel valued and respected, so they feel more comfortable opening up and talking. By building communication based on openness, empathy and respect for the child's point of view, parents can create a strong bond with their teen. This contributes to the development of children's confidence in communicating and making decisions, as they feel heard, understood and valued by their parents.

#### **4. CONCLUSION**

Based on descriptive analysis research on the relationship between parenting patterns and self-confidence in adolescents, it can be concluded that parenting patterns have the most important role in terms of adolescent self-confidence. One of the external factors that has a very important role in the formation of self-confidence is parenting (Rini, 2002). Parenting refers to the way families nurture and guide children in developing behaviors, attitudes, and outlooks on life that are in accordance with good norms and values in society (Hardywinoto & Setiabudhi, 2003). Parenting forms the basis for a child's development and can have a profound impact on the development of self-confidence.

In the context of parenting, there are interactions between parents and children that cover various aspects, including the fulfillment of physical and psychological needs. Parents serve as the primary models for children, which plays an important role in shaping children's

self-perceptions of their abilities and potential. Parenting loving, supportive and appreciative of children's efforts can provide a strong foundation for building a positive sense of self. Democratic parenting, which encourages participation, independence and dialog-based decision-making, tends to support the development of healthy self-confidence in children. Conversely, authoritarian or overly permissive parenting may negatively influence the formation of children's self-confidence. Therefore, the role of parents in shaping positive parenting is very important. By providing emotional support, providing opportunities for children to take responsibility and decisions, and rewarding children's efforts and achievements, parents can significantly contribute to developing strong and stable self-confidence in children.

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