

## Mother's Parenting Style and Self-Identity of Teenagers in Rural Family in Jember

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### Abstract

**Purpose:** The formation of a teenager's self-identity cannot be separated from the parenting style of their parents. Success in establishing an identity as an individual teenager will be beneficial in determining the appropriate role in their life. This research aims to determine the relationship between maternal parenting patterns and adolescent self-identity in rural families in the city of Jember.

**Method:** This research uses quantitative research with a cross-sectional approach, which aims to determine the relationship between maternal parenting patterns and self-identity. Respondents in this study were teenagers aged 16-19 who had mothers and lived with their mothers in rural Jember. Thirty respondents were randomly selected.

**Results:** Most teenagers have a democratic parenting style, with 15 respondents (50.0%). Most teenagers have Identity Achievement, as many as 17 respondents (56.6%). P value  $0.048 < 0.05$ , so it can be concluded that there is a relationship between the mother's parenting style and adolescent self-identity.

**Keywords:** Mother's Parenting Style, Self-identity, Teenagers, Rural Family.

### Introduction

Adolescents are an age group that is at risk of experiencing disorders, both related to growth and development and psychological disorders [1]. This can affect the behavior and developmental tasks of adolescents, for example, promiscuous sexual behavior, juvenile delinquency, use of illegal drugs, early marriage, abortion, fighting with peers, and other behaviors that can cause problems for adolescents [2]. The number of abortions carried out by teenagers in Indonesia reaches 700-800 thousand out of a total teenage population of around 2.4 million. Meanwhile, the estimated number of people infected with HIV/AIDS has reached 52,000 [3]. According to data from the National Narcotics Agency (BNN), in 2011, around 3.6 million teenagers were involved in drug abuse, with this figure estimated to increase every year [4].

Erikson's theory emphasizes the importance of adolescence in identity formation. During this period, individuals face uncertainty, begin to understand their strengths and weaknesses, and develop confidence in their unique characteristics [5]. To thrive, teens need to experience a crisis in which they answer fundamental questions about their values, life goals, careers, and sexual identity [6]. Through reflection and self-understanding, adolescents achieve a consistent and solid understanding of identity that continues to develop over time [7].

When teenagers experience physical, emotional, cognitive, and social changes, they can experience an identity crisis if they cannot meet the expectations and encouragement of themselves and their social environment. This can make them confused about who they really are. This confusion can result in two things: first, teenagers can withdraw, staying away from peers and family, or second, they can conform too much to their peer

environment and lose their own identity. A protracted identity crisis during adolescence can make teenagers feel lost. As a result, they may tend to adopt behavior that is not in accordance with applicable social norms, such as committing criminal acts or closing themselves off from society, because adolescent identity crises are often associated with deviant behavior and destructive actions [8].

The formation of a teenager's self-identity cannot be separated from the parenting style of their parents [7]. Success in establishing an identity as an individual teenager will be beneficial in determining the appropriate role in their life. The process of identity formation during adolescence can guide behavior and attitudes toward the environment, influence goal achievement, and help in facing and choosing alternatives that arise in life. At this time, parents have the responsibility to provide guidance or direction to their children in introducing them to social life and the norms that apply in the surrounding community [9]. How parents educate children also influences the formation of their character [10]. The influence of parenting patterns from parents on the formation and development of children's personalities is very significant because the family is the first social environment where children can interact, learn, and express themselves as individuals in society [4].

This research aims to determine the relationship between maternal parenting patterns and adolescent self-identity in rural families in the city of Jember.

## Methods

This research uses quantitative research with a cross-sectional approach, which aims to determine the relationship between maternal parenting patterns and self-identity. The respondents in this study were teenagers aged 16-19 years who had mothers and lived with their mothers in rural Jember, 30 respondents who were randomly selected. Primary data was collected using a parenting style questionnaire and self-identity questionnaire, while secondary data was based on articles, books, and several other literature. The mother's parenting pattern variable focuses on democratic, permissive, and authoritarian parenting patterns. Meanwhile, the self-identity variable focuses on Confused Identity (Identity Diffusion), Closed Identity (Identity Foreclosure), Delayed Identity (Identity Moratorium), and Achieved Identity (Identity Achievement). Data analysis used the chi-square test [11][12].

## Results

Based on the results of research conducted by researchers, the following results were obtained:

Table 1.1 Frequency Distribution of Mother's Parenting Patterns in Adolescents

No	Mother's Parenting Style	Frequency	Percentage
1	Democratic	15	50.0%
2	Authoritarian	5	16.7%
3	Permissive	10	33.3%
<b>Total</b>		<b>30</b>	<b>100%</b>

Based on the table above, it can be seen that the majority of teenagers have a democratic parenting style, with 15 respondents (50.0%).

Table 1.2 Frequency Distribution of Self-Identification in Adolescents

No	Personal identity	Frequency	Percentage
1	Identity Diffusion	3	10%
2	Identity Foreclosure	5	16.7%
3	Identity Moratorium	5	16.7%
4	Identity Achievement	17	56.6%
<b>Total</b>		<b>30</b>	<b>100%</b>

The table above shows that the majority of teenagers have Identity Achievement: 17 respondents (56.6%).

Table 1.3 The Relationship between Mother's Parenting Patterns and Adolescents' Self-Identity

Data analysis	P Value
Chi-Square	0,048

Based on the table above, it can be seen that the p-value is  $0.048 < 0.05$ , so it can be concluded that there is a relationship between maternal parenting patterns and adolescent self-identity.

## Discussion

The research results showed that the majority of teenagers had a democratic parenting style, with 15 respondents (50.0%). This is in line with research conducted by Devita (2020) her research states that parents generally prefer a democratic parenting style to educate their children. However, some use an authoritarian or permissive parenting style. Analysis shows that as many as 19.9% of parents use authoritarian parenting, with an average score of 27.31. Meanwhile, 63.5% chose democratic parenting, with an average score of 30.30. Permissive parenting is used by 16.5% of parents, with an average score of 29.05 [13]

Parents who implement democratic parenting encourage teenagers to see the world from various points of view, involve them in the decision-making process, and recognize that sometimes teenagers have broader knowledge than parents [14]. Characteristics of children raised with a democratic parenting style include having self-confidence, a friendly attitude, the ability to control themselves, a polite attitude, cooperation, a high interest in knowledge, clear life goals, and a focus on achievement [15]. All of this has a significant impact on healthy identity formation in adolescents [4].

Apart from that, based on self-identity, the research results show that the majority of teenagers have Identity Achievement as many as 17 respondents (56.6%). Research conducted by Ira et al. (2021) in their research stated that the majority of teenagers in Kampung Gunung Putri RW 10 (64%) had good self-identity [6].

Teenagers who achieve identity (identity achievement) have the urge to seek information about various options for the future, actively ask questions, and find out about jobs, careers, and gender roles that are suitable for them. Adolescents who experience identity moratorium are still in a search process, where they try to gather information and undertake various activities that will guide their lives in the desired direction, including matters related to career aspirations, gender roles, and ideology. However, individuals in

this stage have yet to make a definitive commitment or choice based on the information they have received [4] [16].

There is a correlation between maternal parenting style and adolescent self-identity. The relationship between parents and adolescents has a significant impact on the formation of adolescent identity. When there is good communication between teenagers and parents, as well as emotional support and freedom for teenagers to explore their environment, this can help teenagers grow and gain a healthy understanding of themselves [17]. The closeness between adolescents and parents, providing space for adolescents to voice their opinions, support, and affection from parents, as well as creating open communication between parents and adolescents, will all influence the formation of adolescent identity [4].

Parents have an essential role in forming teenagers' self-identity. Therefore, parents are advised always to provide sound guidance and parenting patterns that are appropriate to the growth and development of adolescents so that the formation of self-identity goes well. Apart from parents, of course, many other things influence the formation of self-identity, especially the environment, so future researchers are expected to pay more attention to the influence of adolescents' environment on the formation of their self-identity.

### Conclusion

Most teenagers have a democratic parenting style, with 15 respondents (50.0%). Most teenagers have Identity Achievement, as many as 17 respondents (56.6%). P value  $0.048 < 0.05$ , so it can be concluded that there is a relationship between the mother's parenting style and adolescent self-identity.

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