



The Importance of Appropriate Parenting Patterns at the Adolescent Development Stage

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ABSTRACT

Adolescence is an important phase in human development in which individuals experience significant physical, emotional, and social changes. The parenting style applied to teenagers has a crucial role in shaping their independence. This research aims to explore the parenting styles needed to support adolescent development. Adolescent development involves the search for self-identity, exploration of values, and the formation of more complex social relationships. The right parenting style can provide a strong foundation for teenagers in facing these challenges. The required parenting style includes several important aspects. The parenting style needed to support the development of adolescent independence includes clear boundaries, emotional support, opportunities to develop independence, and open communication. A parenting style that pays attention to these aspects will help teenagers build independence, self-confidence and the ability to face the future well.

Keywords: *Adolescence, Parenting Pattern*

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INTRODUCTION

In general, adolescence is the stage where a person begins to question one's identity, consider important decisions in life, and explore the world more freely. This period is both interesting and challenging. This is because during adolescence a person has the opportunity to discover himself by trying new things, but it is full of challenges

because teenagers also have to come to terms with various changes in themselves, including physical and emotional changes.

According to Ajhuri, 2019 in (Suryana et al., 2022) "A series of changes that are most evidently experienced by teenagers are the biological and physiological changes that occur during early adolescence." Physically, this can be seen from "Changes in the bodies of men and women, such as the growth of Adam's apple, the growth of breasts, and the growth of hair all over the body, can be observed with the naked eye. "Meanwhile, it can be seen with the naked eye by the onset of menstruation every month in women and wet dreams in men" (Suryana et al., 2022).

Emotionally, "adolescence is the peak of emotionality, namely high emotional development" (Charisma, 2023). These changes are very common and natural in the transition process from childhood to adulthood. The role of parents at this time is very important, namely as supporters of children's growth and development. Apart from that, according to (Ayun, 2017) "The role of parents in raising children is not only important to protect the development of the child's soul from negative things, but also to shape his character and personality so that he becomes a spiritual person who always adheres to his religion"

Providing appropriate parenting patterns according to teenagers' needs is one form of effort that parents can make to help children discover their identity. According to Kolopaking et al., 2019 in (Veryawan et al., 2022) "Positive parenting is the way parents understand and treat children according to their age and abilities, communicate with love, enforce consistent discipline so that children can develop independently. optimal both physically, intelligently and emotionally." By implementing positive parenting, children can be more friendly with their parents so that a healthy relationship can be established between parents and children.

"Positive parenting needs to be carried out by every parent in providing support for children's success in the future" (Education et al., 2020). Without parental support, teenagers will find it difficult to face challenges, lose direction, and allow teenagers to fall into negative things.

RESEARCH METHODOLOGY

In this article the author uses a literature review from various sources relevant to the research topic. According to Zed, 2004 in (Adlini et al., 2022; Asmita & Silvanetri, 2022), "Library research is a method of collecting data by understanding and studying theories from various literature related to the research. There are four stages of library study in research, namely preparing the necessary equipment, preparing a working bibliography, organizing time and reading or recording research materials." This literature study method is important in research because it allows researchers to gain an in-depth understanding of the research topic through previously existing literature. Thus, researchers can build a strong theoretical basis for research (Asmita & Irman, 2022).

The literature review method allows authors to analyze articles and journals online. The use of literature review methods provides a strong foundation for writers to understand research topics, identify knowledge gaps, and develop more advanced and quality research.

RESULT AND DISCUSSION

In fact, humans are growing creatures. This is in line with what the Qur'an explains in Surah Al Hajj verse 5

نَ الْبُعْثِ فَإِنَّا خَلَقْنٰكُمْ مِّنْ تُرَابٍ ثُمَّ مِّنْ نُطْفَةٍ ثُمَّ مِّنْ عَلَقَةٍ ثُمَّ مِّنْ يَّأْيُهَا النَّاسُ إِن كُنتُمْ فِي رَيْبٍ مِّنْ
إِلَىٰ أَجَلٍ مُّسَمًّى ثُمَّ نُخْرِجُكُمْ طِفْلًا غَيْرِ مُخْلَقَةٍ لِّبَيِّنٍ لَّكُمْ وَنُقَرِّ فِي الْأَرْحَامِ مَا نَشَاءُ مُضْعَةً مُّخْلَقَةٍ وَ
يَعْلَمُ مِّنْ بَعْدِ عِلْمٍ شَيْئًا كُمْ وَمِنْكُمْ مَّنْ يُتَوَفَّى وَمِنْكُمْ مَّنْ يُرَدُّ إِلَىٰ أَرْدَلِ الْعُمُرِ لِكَيْلَا تُمْ لَتَبْلُغُوا أَشَدَّ
بَهِيجٍ زَلْنَا عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ وَأُنْبِتَتْ مِّنْ كُلِّ زَوْجٍ وَتَرَى الْأَرْضَ هَامِدَةً فَإِذَا أَزْ

"O people, if you doubt (the day of) resurrection, verily We have created (your parents) (Prophet Adam) from dust, then (we created you as his offspring) from a drop of sperm, then a clot of blood, then a lump of flesh, whether it happened perfect or imperfect, that We may explain to you (the sign of Our power in creation). We determine in the womb what We will until a predetermined time. Then, We took you out as a baby, then (We looked after you) until you reached adulthood. Among you there are those who are passed away and (some are) returned to a very old age so that they no longer know anything they once knew (senile). You see the earth is dry. If We send water (rain) on it, it will live and become fertile and grow various kinds of beautiful (plants)."

The letter explains how Allah SWT creates and regulates every phase of human growth, including adolescence. Adolescence is the transition that occurs between childhood and early adulthood. According to Hurlock (1981) in (Eliasa, 2012) Teenagers are those aged 12-18 years. Meanwhile, Monks (2000) gives the age limit for teenagers as 12-21 years. Adolescence is marked by significant physical changes According to Sarwono, 2012 in (Nasution1 et al., 2021) "The most obvious changes in young women include increasing body weight and height, bone and muscle growth and maturity of sexual organs resulting in menstruation." Meanwhile, in men it can be seen from "Height growth reaches maximum levels every year, fine hair grows on the face (moustache, beard) and it becomes thicker and darker, hair grows in the armpits and chest." These physical changes are part of the puberty process, which is a normal stage

of development when entering adolescence. Each individual can experience these physical changes at different speeds and intensities.

Not only physical changes, changes in teenagers also occur in the emotional aspect. According to Crow & Crow (1962) in (Nasruddin, 2018) emotion is "a turbulent state in an individual which functions as an inner adjustment to the environment to achieve prosperity and life safety." In teenagers, emotional changes that often occur include "the nature of sensitivity to external stimuli, their response is usually excessive so that they are easily irritated and whiny, but also quickly feel happy or even explosive, there is anxiety about themselves so that it appears in reactions that are sometimes unreasonable, often want to form their own values which they consider to be true, good and appropriate to be developed among themselves, starting to be able to make choices and decisions about the direction of their lives" (Azmi, 2015). This illustrates the nature of high sensitivity to external stimuli.

Teenagers who experience this often want to form their own values that they consider right, good, and appropriate to develop in their community. They also begin to be able to make choices and decisions about the direction of their lives. The many changes that occur often make teenagers feel afraid, embarrassed and uncomfortable. This is because teenagers have to come to terms with all the changes that occur both physically and emotionally. The need for positive self-control so that teenagers do not fall into negative things. At this stage the support and role of parents is considered very important to accompany the child in adapting to his new life.

"Some of the roles of parents as well as family functions include providing the love that teenagers need, developing teenagers in a democratic way, and being role models for their children" (Vera, 2017). The role of parents is closely related to parenting patterns. "Parental parenting is the attitude and way parents prepare younger family members, including children, to be able to make their own decisions and act independently so that they experience a change from being dependent on their parents to being independent and responsible for themselves" (Ayun, 2017).

In providing parenting patterns to teenagers, parents need to use the right methods, because at this time children tend to be more sensitive and do not like to be controlled. "On the one hand, teenagers want to be free, independent and free from parental influence, but on the other hand, basically teenagers still need help, support, guidance and protection from their parents" Mulyasri, 2010 in (Agustina, 2018). Here are some methods of parenting patterns for children:

A. Authoritarian parenting style

According to Hurlock (1980) in (Kemandirian et al., 2014) " Explains that the application of authoritarian parenting is an authoritarian parental discipline that is traditional discipline. In authoritarian discipline, parents set rules and tell children that they must obey these rules. "Children are not given an explanation as to why they must

obey and are not given the opportunity to express opinions even though the rules set do not make sense."

Authoritarian parenting is a parenting style where parents have the greatest control over children. This parenting style is characterized by coercion and threats so that children are required to obey and comply with existing rules. This parenting style can produce obedient children, but it can also lead to self-doubt and lack of independence. An example of authoritarian parenting in everyday life is parents who impose their will regarding college majors because of prestige or social status.

B. Permissive parenting style

According to (Rahayu, 2019) "Permissive parenting is a parenting pattern that parents apply to their children to shape the child's personality by giving the child leeway to carry out activities without being adequately supervised. Permissive parenting has characteristics, including: a) parents have a high level of acceptance but supervision of their children low, parents give children leeway to make their own decisions and do all the activities the child wants, b) children are free to say what they want, c) children almost never get punished if what they do is wrong." Permissive parenting is where parents provide freedom without any clear boundaries or rules. This parenting style is characterized by the attitude of parents who tend to lack attention. An example of permissive parenting in daily life is parents who let their children play so that the children neglect their schoolwork.

C. Democratic Parenting Style Authoritative Parenting Style

According to (Pgisd & Uny, 2010) "In this parenting style, parents give freedom accompanied by guidance to children. Parents give a lot of input and direction regarding what their children do. Parents are objective, caring and controlling of children's behavior. In many cases, parents often dialogue and consult with their children about various decisions. Answer your questions wisely and openly. Parents tend to consider their children's rights and obligations as equal to their own. "This parenting style places deliberation as a pillar in solving various children's problems, supports them with full awareness, and communicates well."

Democratic parenting and authoritative parenting are parenting styles that give children the freedom to make decisions but still use clear boundaries or rules. The difference between democratic and authoritative parenting lies in the way parents or caregivers give rules and limits to children or teenagers. An example of democratic and authoritative parenting in daily life is giving children the freedom to do extracurricular activities that they like while being able to manage their time well.

According to (Kemandirian et al., 2014) "The relationship between parents and children is a very important aspect through the type of parenting implemented by parents." Parents need to consider several factors when applying parenting styles to

teenagers, especially because teenagers are experiencing significant physical, emotional and social changes.

One parenting pattern that parents can apply to children in their teens is an authoritative parenting pattern which involves a combination of clear rules and warm emotional support and a democratic parenting pattern which involves active participation of teenagers in decision making. Authoritative parenting provides clear direction and boundaries, but also provides space for teenagers to express their opinion. This helps teenagers develop independence and a sense of responsibility.

On the other hand, parents with democratic parenting involve teenagers in discussions and listen to their opinions. They give teenagers the freedom to make decisions as long as they are within reasonable limits. Democratic parenting helps teens feel valued, improves communication skills, and supports leadership development. By implementing authoritative and democratic parenting, parents can provide the necessary structure for teenagers, while leaving space for them to develop independence and a sense of responsibility. This will help teenagers face challenges and prepare them for a better future. In parenting teenagers, it is important for parents to pay attention to their child's individual needs and development, and use an approach that is consistent with authoritative and democratic parenting.

CONCLUSION

Parenting is an approach used by parents in educating and guiding their children. Different types of parenting have different impacts on child development. However, authoritative parenting is often considered the most effective approach. Authoritative parenting, which combines warmth, clear boundaries, open communication, and emotional support, provides a strong foundation for a child's development and well-being. In authoritative parenting, children are taught to be independent, responsible, and have good decision-making skills.

In addition, authoritative parenting builds a healthy relationship between parents and children. Open, trusting communication allows children to feel heard, valued, and safe to share their thoughts, feelings, and concerns. Authoritative parenting also helps children understand social values and norms, develop strong morality and ethics, and reduce the risk of negative behavior. The emotional support and encouragement provided by parents in authoritative parenting helps children build a strong sense of self-confidence, self-confidence and mental resilience. Overall, effective parenting is one that combines warmth, clear boundaries, open communication, and emotional support. Authoritative parenting provides a solid foundation for children's development, helping them become independent, responsible individuals and have healthy relationships with others.

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needs and characteristics, family values and beliefs, environmental context, consistency and clarity, emotional support, flexibility and adaptability, communication and participation in implementing appropriate parenting styles. I really appreciate the research and knowledge they share, and I hope that the results of their research will continue to provide great benefits for the development of adolescent parenting

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