



The Impact of Friendship Environment on Adolescent Emotional Development

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ABSTRACT

The Influence of The Friendship Environment On The Emotional Development Of Youth. The method used in this study is a qualitative research that is library research, using journals, and articles related to the influence of the friendship environment on the emotional development of adolescents. Emotions in each individual have a different emotional response. We can see this from how individuals express their emotional feelings, for example, when they feel sad, there are teenagers who show their sadness by crying bitterly, there are also those who only express sad emotions by being silent, gloomy, and making them not want to do anything. Based on the results of reviewing and analyzing journals related to the title, it can be concluded that the influence of the friendship environment on the emotional development of adolescents is very influential because during adolescence. Therefore, the influence of friendship will have a greater impact on the individual than the influence that comes from the family environment. So it is necessary to have an individual stand and also be good at choosing healthy friendships so that they can support each other's emotional development efficiently and continuously. In this journal, which is sourced from several journals that have been reviewed, there are still many shortcomings in each discussion, especially in the minimizing section so that there are no obstacles to the emotional development of adolescents themselves. Therefore, for further researchers who are interested in raising the theme of exuberance, it is hoped that this section will be more emphasized.

Keywords: Friendship, Emotional Development, Adolescent

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INTRODUCTION

Adolescence is a period of transition for individuals from childhood to the next stage of adulthood. This transition can be in the form of changes in physical,

psychological, mental and social aspects (Annisa & Alfiasari, 2017). Adolescence, a time when the sense of need peaks both in expressing himself and socialising with others, especially with friends who are the same age as him. Especially to try things that are new and interesting to him. Socialising with others is something that is very necessary during adolescence.

The development process that occurs in each individual will be related to the maturity process. The development that occurs in a teenager is more significant because it is during this time that many developments occur in individuals, especially the development of their emotional maturity. Meanwhile, emotion is something to express what is felt in an individual who is supported by encouragement from within. Emotions are feelings that encourage individuals to be able to respond and stimulate something that appears both internally and externally. Individuals can feel changes in physiological and psychological (Halberstadt, 2022; Khan, 2022; Setyaningrum & Ruhanni., 2016) .

There are many things that can affect the emotional development of adolescents, one of which is the influence of the individual's friendship environment. Friendship has the meaning of individual relationships with one another and there is a relationship of equality and reciprocity (Rosalinda, Susanto & Mawarni, 2016). Every teenager wants to have good friendships to support the continuation of development in themselves, especially in their emotional development.

How the friendship environment in individuals will affect how the continuation of emotional development in adolescents, the continuation of good and bad emotional development.

RESEARCH METHODOLOGY

The method raised in this research is library research. Literature study is the process of reading a number of references which are usually in the form of writing (all books, articles, journals, etc.) (Greeff & Nolting, 2013; Hudha et al., 2019; Pursitasari et al., 2020; Asmita & Silvianetri, 2023; Gurtu & Johny, 2021; Asmita & Fitriani, 2023; (Asmita & Irman, 2022; Jariono et al., 2021; (Asmita & Silvianetri, 2022) which will later become a source of reference for the writings that have been compiled. Using journals and articles related to the impact of the friendship environment on adolescent emotional development. The steps used in this literature study data collection technique are; (1) collecting data in journals, books, and articles (2) analysing the data that has been found so that the author can conclude about the issues raised.

Research in the form of bibliographies arranged in a scientific systematic system in the form of collecting material for bibliographies with data collection and presentation techniques in this library method.

RESULT AND DISCUSSION

Adolescence is a transitional period from childhood to adulthood. This period is a difficult beginning for each individual because of the changes and developments that occur, especially in emotional development. This causes adolescents to not be able to

control themselves perfectly. Teenagers will experience a sense of loneliness and insecurity (Annisa & Alfiasari, 2017; Muzi, 2022; Fawaz, 2022) At this stage individuals will need other people and even a group to find learning about identity. Teenagers will begin to form groups based on several supportive things such as having similarities and a sense of comfort generated in the groups they have formed (Nur & Ekasari, 2008).

When they enter a group, teenagers will begin to form their identity, teenagers will become themselves in the group. However, the behavioural habits that exist in the group will affect how adolescents behave, adolescents will also quickly influence the environment, especially the environment they live in because at this time, adolescents still have an unstable personality, not only that, curiosity in adolescents is also quite high. Therefore, his personality will be easily influenced. In the group, group members will give suggestions to create norms in the group. And each group must have a different personality, teenagers in the process of searching and developing their identity will be easily influenced by something that makes them comfortable.

Individuals will vary in their ability to adapt, there are some individuals who say that it is not so difficult to adapt to a new environment, but there are also individuals who find it difficult if they have to be in a new environment, this happens because of influencing factors such as environmental factors, family, language, culture, and even psychology in individuals (Sawiji & Agustin, 2022). Negative relationship between friendship quality and relational aggression. If the quality that occurs in friendships is low, the relational aggression that will occur is high in friends who are less desirable. The low quality of friendship will also trigger a conflict in a friendship.

It is different if it is in a high quality friendship then the relationship aggression that arises will be low, this is caused because in the friendship there is togetherness, a sense of security and also attachment, the emergence of a sense of comfort and also fun. Positive friendship quality will eliminate relational aggression in friendships (Soekoto & Muttaqin., 2020). Emotions are evoked in situation-specific circumstances, which tend to be associated with either directive or avoidant behaviour (Aprilia & Sulastri.,) Adolescent emotional development itself is a change in the way individuals express things. In this phase of development, adolescents try to accept and adjust themselves in the emotional changes that occur.

The form of emotional development consists of several things, the development of visible emotions can be in the form of a feeling, shame, joy, anxiety, anger and also affection. These feelings will continue to increase, but adolescents are not yet able to control these emotions according to their measure (Kartika & Nisfiannoor, 2017; Hamana, 2023; Scherer, 2023; Gatyas, 2023) The emotional pattern of adolescence is the same as in childhood, but what distinguishes between the two is the way of emotional arousal and intensity, especially in individual control over the expression of their emotions. For example, in expressing anger, in adolescence he no longer expresses it excessively but prefers not to talk much and criticise others in a loud voice, according to Harlock in his book, *The Emotions of Adolescence* (Kartika & Nisfiannoor, 2017).

The emotional turmoil that occurs due to these changes will become an obstacle to the emotional development of adolescents. It is due to the individual's inability to accept changes in himself, accept and appreciate all the good and shortcomings that exist in him, which can result in the individual considering himself negative (Nur & Ekasari, 2008). According to Elizabeth B. Hurlock in (Fitri & Adelya, 2017) Individuals with emotional maturity are individuals who can already assess how the situation is happening. Individuals will think first before they act. And also able to control and pour the emotions of the situation with its portion, also able to adapt well because it can accept individual materials have diversity.

An adolescent who can be said to have mature emotions is someone who can show his emotions appropriately by being able to control himself and being able to express himself according to the place to be accepted in his friendship environment which prioritises intellectuals over the individual's own emotions (Nashukah & Darmawanti, 2013). Emotions in each individual have different responses to their emotions. This can be seen from how individuals express their emotions, for example when feeling sad there are teenagers who show their sadness by crying bitterly, there are also those who only express sad emotions by staying silent, moody, and making them not want to do anything (Hanifa & Lestari, 2021)

Some of these expressions are influenced by the environment such as because they feel embarrassed when they are in a condition for them to express their emotions, and some come from within themselves not to show their emotions and only keep them inside themselves. A person's emotions also include the attitudes and feelings that develop when they enter their environment. How emotions are generated, positive or negative based on how the individual experiences with parents and other individuals in the environment. It is concluded that it is influenced by things that come from internal and external factors (Gatot Marwoko C A., 2019)

Acceptance and rejection of friendships and their consequences will affect the form of behaviour adolescents will carry into adulthood (Yahya & Md.Sham, 2019) Not only that, the middle teenage phase has begun to be more active to start things that can harm others. Such as committing joint crimes (brawl) and using prohibited items.

Emotional intelligence

The term Emotional intelligence/ quotient was originally conceived as a broader description of emotions. Emotions refer to how an individual's intelligence in managing their emotions properly and appropriately. Emotions will play an important role as a connector of self-awareness and self-sustainability that connects us with ourselves and connects us with others (Asna Andriani, 2014).

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- 1) Can express and recognise emotions in individuals
- 2) When intellectual work emotions are included
- 3) Able to analyse and understand emotions
- 4) Emotions can be managed well

The core of emotional intelligence includes the ability to respond to something related to mood, which is also related to temperament and motivation as well as interpersonal desires that mechanise aspects of cognition and understanding. According to Goleman in (Asna Andriani, 2014) Intellectual intelligence (IQ) in adolescents will only help as much as 20% for success, the remaining 80% is in the form of contributions from other factors, including Emotional Quotient (EQ) or emotional intelligence in the form of the ability to be able to motivate, control the situation of the heart or what is commonly called mood. then it is very necessary for emotional intelligence to continue life in adolescence.

The statement above explains that EQ must be accompanied by other things that can support success. As for other things that influence it. Things that affect a personality, especially emotional development, are influenced by his environment, both the environment he is in, the environment where he studies and also his friendship environment. As Daniel Goleman in (Asna Andriani, 2014) that the elements that comprise the basis of emotions are as follows: a. Self-awareness, we must know how we feel at any given time, be able to make our own decisions and have a measure of ability and confidence. b. Self-regulation, creating positive emotions when performing tasks, being sensitive to the heart and also being able to withhold pleasure and happiness when desires have not been achieved. c. Motivation, the desire in oneself to demand to achieve goals or desires with initiative when failure occurs. d. Empathy, feeling what others feel, building mutual trust and being able to understand how others' perspectives. e. Social skills, treating emotions well, being able to know how emotions are at that moment, being able to understand the situation that occurs to solve a problem, and also being able to work together.

Based on the description above, it can be concluded that the development factor of emotional intelligence depends on how the principles of emotional intelligence.

Individuals with emotional maturity will be able to control themselves in the sense that they can express something based on the right situation which can facilitate the adaptation process. Many adolescents are in the phase of emotional immaturity aimed at adolescents who have not been able to control physical and psychological functions. Therefore, it is necessary to describe the situation that is caused based on what he feels (Fitri & Adelya, 2017). Emotional maturity in adolescents can be seen from how they

control their emotions to go in a positive direction. They can be responsible for their own decisions and not too dependent on others, and most importantly can accept their strengths and weaknesses. Teenagers will also do more positive things such as not fighting parents and avoiding existing prohibitions such as using drugs, and doing activities that harm other parties, avoiding fights, brawls (Muawanah & Pratikto., 2015).

Characteristics of adolescent emotions

This characteristic occurs in several periods, these periods are: (Azmi, 2015)

1. Pre-adolescent phase

Pada fase ini perbedaan antara wanita dan pria tidak jauh berbeda. Untuk wanita pada fase ini akan mengalami perkembangan pada naiknya berat badan dan rangsangan kepekaan yang akan meningkat dan akan lebih bereaksi, dan juga akan cepat merasakan senang.

2. Early adolescents

In this phase there are clear or visible physical changes, namely changes in the function of the reproductive organs. This phase makes it difficult for adolescents to accept and adjust their individuals, there are adolescents who feel that no one cares about them. This will arise because there is anxiety in him, causing an unnatural reaction.

3. Middle phase adolescence

Adolescents begin to feel a sense of responsibility that must be increased. In this case, problems arise to increase the sense of responsibility from parents and even from other members. Teenagers often conclude for themselves what is good and bad for themselves coupled with parents who like to impose existing values, so that they are always fulfilled and parents also have inconsistencies in the values that must be fulfilled by adolescents.

4. Late-phase adolescence

This phase adolescents will assume that they are an adult individual who has behaviours, like an adult. Therefore, the surrounding environment gives a sense of trust. In this phase, the direction of life goals is also clearer, can make good decisions and can be responsible not only to themselves, but also to parents and other individuals in society.

The presence of peers will help adolescents' emotional development. The role of friendship is very important compared to the role of family. Because in adolescence, he will more often be in an external environment that will adapt to friends or other individuals who often interact with adolescents. That is where adolescents will place

themselves to develop themselves, one of which is identity development (Nurul Fadhilah & Mukhlis, 2021). We cannot avoid that peers or the sphere of friendship can also cause emotional problems. The friendship environment has the potential to change the positive impact of the family into unnatural behaviour. The characteristics of emotional maturity in adolescents who are responsible for the emotions that adolescents express, do not easily blame themselves and even others, put emotions in the right position, know and understand what is felt, as well as the causes and emotions to be faced (Fitri & Adelya, 2017)

There are some positive and negative impacts on teenage friendship functions (Patricia, 2021): Positive Impact; Adolescents get emotional encouragement to become more independent and help reduce dependence on parents, Adolescents learn to solve problems with the help of encouragement and views from friends, Get a place to express their emotions properly and in their place, Adolescents get used to socialising with others so that it makes it easier for them to face wider socialisation in the future, Get more experience and knowledge that is not only received at school and family about how to interact and apply their emotions to people.

Negative Impact; If adolescents are rejected or ignored in the circle, it will adversely affect their emotional development such as feelings of loneliness and lack of confidence, Rejection and acceptance of peers will cause very important things and forms of behaviour received during adolescence will be carried over into adulthood, It is difficult to accept other people who do not have something in common in the circle, The emergence of competition between groups, The formation of a forced personality in order to remain accepted in the circle, There are limitations in expressing themselves for fear of getting bad views from other friends, Can change one's character if the individual is easily influenced.

The Influence of Friendship Environment on Adolescent Emotional Development

When individuals are just entering adolescence, an individual will have a very high curiosity, especially in terms of choosing friends, and a sense of wanting to have many friends. Nowadays, the influence of friends is greater than that of family because teenagers spend more time outside the home and meet their friends at school and in the wider community. For example, in terms of appearance and emotional behaviour, adolescents are usually easily influenced and follow their circle of friends. When his friend behaves rudely to an older person, then he will follow him if he does not have a sense of independence and is someone who is easily influenced.

Teenagers will follow how the people around them respond to something. Because most teenagers assume that when they can follow what the scope of their friendship "circle" considers right but in fact it is wrong, and they will follow it, so that they are still accepted in the circle. Therefore, it is necessary to find a healthy and useful "friendship" in order to remain well influenced on ourselves and support each other in

every emotional development that occurs. As for the mental-emotional problems that will be experienced by individuals, they are divided into two parts, firstly internal problems such as anxiety and self-temperament. Thoughts that are withdrawn and difficult to build relationships with peers. As for the mental picture that comes from the outside or externalisation of the inability to solve problems, disturbances to attention, hyperactivity, having conflicting behaviours such as not liking to be reprimanded or given positive input, not wanting to follow the rules and ultimately arising aggression (Haryanti & Susanti, 2016)

The problems that are likely to occur in emotional adolescence will cause pressure (stress) in adolescence. Adolescents will be faced with various changes within themselves as well as the pressure of developing targets that must be achieved according to their age. Not only that, adolescents are also involved with puberty, changes in social roles and the environment in an effort to achieve independence. Therefore, the ability of adolescents themselves to cope with the situation conditions in the challenges that occur is needed.

CONCLUSION

Based on the results of reviewing and analysing journals related to the title, it can be concluded that the impact of the friendship environment on the emotional development of adolescents is very influential on the good and bad emotional development that exists in adolescents, if he is in a good friendship scope, adolescents can control their emotions well express emotions well, both for themselves and for others. Meanwhile, if a teenager is in an unfavourable friendship sphere, then his emotions will follow the surrounding friends, if the friends around him cannot control emotions then the teenager will follow this, because in adolescence, adolescents will often carry out activities related to many people in the outside environment. Therefore, the influence of friendship will have a greater impact on individuals than the influence that comes from the family environment. Therefore, it is necessary for individuals to be established and also to be good at choosing healthy friendships in order to support each other's emotional development to run efficiently and continue.

In this journal, which is sourced from several journals that have been reviewed, there are still many shortcomings in each discussion, especially in the section on minimising so that there are no obstacles to the emotional development of adolescents themselves. Therefore, future researchers who are interested in raising the theme of serua are expected to emphasise this part more.

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