



Mother's Insight Regarding The Magnitude Of Parenting Communication

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Abstract

The optimal development of adolescents depends on the harmony of family communication, especially mothers as caregivers. Disputes between mothers and adolescents often occur and trigger fights and adolescent aggressive behavior that stretches family interactions. Communication contributes significantly to the development of teenage behavior; it can be explored based on the mother's experience as a caregiver. This study examines in-depth mothers' experiences in communicating with their adolescent children. Participants in this qualitative study using a phenomenological approach were mothers who lived with their teenage children, a total of 11 participants. The determination of participants was done by applying a purposive sampling technique. The conclusion of the number of samples is based on the saturation of the results of in-depth interviews conducted using video call technology. The Colaizzi method with the Haase adaptation was applied in analyzing the results of in-depth interviews that had been recorded to make it easier when compiling the transcript. Four themes have been generated in this study: The fabric of family love as a communication goal, undeniable dependence on communication, Vulnerability to give each other space to face communication challenges and the need for space and time to explore the importance of good communication. To ensure the trustworthiness of the research results, peer debriefing and member checking are carried out. It is necessary to have a common perception between mothers and adolescents in understanding the importance of Communication and instilling family commitments consistently by paying attention to the youth's freedom of opinion which must be optimally utilized according to the developmental tasks of adolescence.

Keywords

Mother's Communication with Adolescents, Experiences, Parenting, Psychological Conditions of Adolescents.

INTRODUCTION

Adolescence is a period of development from childhood to adolescence to find an identity. Teenagers often have different principles from their parents, such as their desire to be free of opinion or behavior, so they do not consider the consequences of their actions, such as aggressive behavior. Other factors that can influence aggressive behavior are biological, social, and psychological factors (Pratidina & Marheni, 2019). It is often found that the desires and experiences are significantly different between adolescents and their parents, so they have the opportunity to increase the incidence of conflict. The focus on independence and dependence on peers along with norms and the magnitude of peer influence is the cause of adolescents against the will of their parents (Adorjan et al., 2022; Swallow et al., 2012). Teenagers' self-autonomy, at the same time, seeks self-identity, causing conflicts with parents. Difficulty relinquishing control results in conflict in parent-adolescent lines of Communication and can have negative implications for families (Kusumawaty, Yunike, Jawiah, et al., 2021; Swallow et al., 2012).

A lot of evidence points to dysfunction or conflict in Communication between parents and adolescents (Denham et al., 2011; Kusumawaty; Yunike; Sujati, 2021; Martínez-Muñoz et al., 2019). The study illustrates that most conflicts between parents and adolescents tend to be problems that seem mild and familiar in everyday life. Whereas conflicts, and



disputes that often occur between adolescents and their parents have a destructive impact on the complexity of the problem, including juvenile delinquency, substance abuse, low self-esteem, aggressive behavior, inability to socialize, and even isolation from the social environment and cases of depression. The problem does not only occur in teenagers but also happens in parents. The condition of parental distress will be worse for adolescents with individual characteristics because parents cannot spend adequate time with adolescents and are in a divorced family (Cusinato et al., 2020; Soenens et al., 2017; Witt & Deleire, 2009). Problems in the family, communication conflicts, differences in belief in values, and norms are complicated conditions between families and adolescents (Ackley et al., 2017).

Mothers, as the party who interacts with their children the most at home, are suspected of having negative and positive experiences when communicating with teenagers. As a source of information, mothers have a central position in preventing and overcoming problems (Kusumawaty, Yunike, Jawiah, et al., 2021, 2021). Building a good relationship with children should start with making effective communication between parents and children, especially for their children who are beginning to grow up (Reichel et al., 2009). This is following research by McAdams (Pratidina & Marheni, 2019), which states that lack of monitoring, attention and communication from parents to teenagers contribute to deviating adolescent behavior (Stover et al., 2016; Throuvala et al., 2019). Pratidina & Marheni, (2019) explains that communication can be said to be effective if communication takes place in two directions between parents and children. Parents and children each understand the message conveyed and interpreted the message it receives as intended (Coppens et al., 2013; Maulana et al., 2021; Odgers & Jensen, 2020).

Factors that influence interpersonal communication include self-concept, self-disclosure, and self-confidence (Martin & Guerrero, 2020; Zhao, 2022). Until now, there is still not much explanation about the experience and the emotional conditions and impacts of conflict due to poor parent-adolescent relationships. Thus, it is crucial to focus research on the importance of communication for families.

IMPLEMENTATION METHOD

The approach used in this study is phenomenology which explores each problem and positions it in natural conditions. Giving meaning is based on the interpretation of reality related to the research subject, namely the mother's experience communicating with her teenage children. The research was carried out in the working area of the community health center, which has the most significant number of adolescents in the city of Palembang. Recruitment of participants begins through communication in the WhatsApp group by explaining the criteria that must be met as research participants. The inclusion criteria for this study were mothers who lived with their husbands and teenage children aged 10-19 year (Adorjan et al., 2022), willing to be involved in the study. An explanation of the informed consent was given in the form of a google form and signed after the participants understood the purpose and benefits of the study. This research uses in-depth interview techniques and is carried out via video call. This internet-based technology enables effective interviews while still observing participants' facial expressions (Xiao, 2020), in addition to being more efficient during in-depth interviews. Before the interview, the researcher had prepared an in-depth interview guide and tested it first by asking mothers who had the same characteristics as the participants but were not involved as research participants. The researcher became the main research instrument with tools like in-depth interview guides, voice recorders, and cell phones. Based on the analysis of the interviews, data saturation was obtained after the interviews were conducted on nine participants. The in-depth interview was conducted for 60-90 minutes with a frequency of twice for each participant. The data collection results



were analyzed using the Haase adaptation of the Colaizzi method. This research has obtained approval from the Ethics Committee of the Palembang Health Polytechnic No. 0538/KEPK/Adm2/I/2022.

RESULTS AND DISCUSSION

Table 1. Characteristics of research participants

NO .	PARTICIPANT CODE	AGE OF PARTICIPANTS (YEARS)	EDUCATIONAL BACKGROUND	WORK	TEENAGE GENDER	YOUTH EDUCATION
1.	P1	49	Junior High School	Teacher	Female	Junior High School
2.	P2	48	Junior High School	Private sector employee	Female	Senior High School
3.	P3	52	Senior High School	Housewife	Male	Senior High School
4.	P4	47	Senior High School	Police	Female	Junior High School
5.	P5	48	Junior High School	Trader	Female	Senior High School
6.	P6	52	Senior High School	Trader	Male	Senior High School
7.	P7	49	Junior High School	Private sector employee	Male	Senior High School
8.	P8	47	Junior High School	Housewife	Male	Senior High School
9.	P9	45	Junior High School	civil servant	Male	Senior High School

Table 2. Theme Formation

INTERVIEW QUOTES	CODING	CATEGORY	THEME
"If we are parents, we don't have much desire anymore, sis; the most important thing is that the child advances, and I really hope that my child understands our wishes, but sometimes it is difficult to express hope when the child is a teenager."	Family hope	Family harmony	The fabric of family love as a communication goal
"My son, since the age of nine, has understood, if he is told, he can be discussed, and already understands what it's like to talk to an older person, and I always try to give him an example."	Mutual respect		
"When we were little, if we were afraid, the children would hug us, but when they were older, they were reluctant to ask for a hug, but I always said that we were always there for them if they needed anything."	Provides protection		
"If our children look happy, as parents, it feels like everything is gone. Tired, I always emphasize to children from childhood until they are planted until they are teenagers, that children are the happiness of parents."	Happy child	Expected future	
"With all our might, ma'am, we try to fulfill what the child wants, but my husband and I still emphasize to the child that not all desires must and can be fulfilled, and must keep thinking clearly if our wishes cannot be fulfilled by parents, for a reasonable reason, for example when there is no money."	Fulfill a wish		
"I said to my teenage son, you can do anything, but remember when you are about to make a mistake, imagine mama's face, so you can pull yourself away from wanting to make that mistake."	Maintain behavior	Sincerity sacrificed for him	
"One day, my son made a mistake and didn't want to tell his parents about it, and we got that information from his teacher until I finally told him, parents will accept whatever you are, and it's okay that sometimes we are wrong, and make it a learning not to do the same thing."	Accept the condition		
"The work of the oxen is like a horse; my son always says that if he is annoyed because his mother and father keep working overtime, I try to understand that the work is ultimately for their welfare, and I hope they understand."	I do everything		



"In this life, family and children are something that must be fought for, with anything so that they can live properly, and sometimes even parents are willing to risk their own lives for the happiness of their children."	Life bet		
"When I see my children are disappointed, let alone cry, it feels like my heart is far away, something that has been ripped out of my life because I love them."	Affection	Family ties	Undeniable dependence on communication
"When I talk to teenagers, I position that I also feel this condition, so I can feel what they are feeling, and usually will feel comfortable talking to us."	Empathy		
"Sometimes children don't always do what they expect, and sometimes they also do what they actually know is a mistake, but they can't help but do it, so the communication conveyed must be careful so that children don't feel blamed and they stay feel that they are not completely blamed or hated."	Value		
"I come home from work at night when they sleep; I will go to their bed and say to myself, this is my treasure, don't let me do things that make her sad or make mistakes because her parents didn't educate her well."	love her so much	Don't want to lose	
"Children are entrusted; whatever is entrusted must be accepted with all its conditions and maximized its potential so that it develops and achieves success as we hope and theirs."	Accept		
"I prefer to be with my parents rather than having a cellphone; my son said that when a friend said he was happy that he had a cellphone."	Togetherness		
"The older children get, the more difficult it is to say; they want to follow what we say, but still with sentences that don't want to be considered obedient."	Oppose	tough challenge	Vulnerability to give each other space to face communication challenges
"My teenagers are getting older, they are counting with their younger siblings, it's hard to share, and they want to win on their own if there's a fight."	Teen egotism		
"At home, my husband and I hold a family meeting to agree on the rules that will be enforced for one month, where everyone can give their opinion."	Need to equalize		
"...I got homework from the teacher at his school if my child at the age of 10 is still talking loudly and easily influenced by his friends.."	Environmental conditions		
"If there are children who are difficult to talk to, or they stay away from us or often fight with their younger siblings, it hurts ... to be asked to talk nicely and avoid .., we parents are confused about how to deal with it .."	Holding on to grief	Fragile heart	
"It hurts, ma'am, if the child doesn't want to hear what we suggest, avoids and even argues... have I been wrong in educating all this time?"	Our hearts are sliced		
"The saddest thing is when the child avoids us, his parents and siblings, preferring to spend the whole day with his cellphone or his friends who are not clear."	Sadness peaks		
"Sometimes I can't understand, ma'am, why does my child not want to do what I say, since childhood I have taken good care of him; we fulfill everything he wants, but	Rebellious heart	Contrary to psychological conditions	
"It's rare to meet when I talk to you, what do I say, what does the child say.. in the end, they fight...when I was little, my son was an obedient child."	Disagree		
"I learn a lot; sometimes, I consult with a child psychologist to understand the condition of my teenager because it seems to be getting more and more difficult to understand; I like it..."	Trying to understand		
"I ask a lot of questions in parenting about how I talk to my son who is starting to enter his teenage years so that we don't feel distant because it seems that my child is starting to be difficult to talk to about his daily life like he was in elementary school first..."	Questioning	It's not easy to accept differences	The need for space and time to explore the importance of good
"The first time my 9-year-old son got his period, he cried; I was confused about how to talk. Finally, I told him when I first had my period and how old he was, so he felt that he wasn't weird..."	Experience		



"Sadly, children have different expectations from us; even though we can see their potential, they tend to be friends. I once had to consult a psychologist about how to communicate with teenagers properly."	Different expectations		communication
"Sometimes we have to suppress feelings, when children are not what we expect, and try to understand their wishes."	Trying to give in		
"My father and I agreed on a special time to talk with the children; sometimes everyone had to be present, sometimes the children were invited to share their opinions, feelings, and hopes as well as the problems they faced."	Need for discussion	Taking the moment	
"I work late at night, his father is only home a week a month because he works outside the city, so the children feel less together with us and vice versa..."	Limited time		
"It is sad to have to do work that cannot be left on holidays because it is the time for children to be with their parents."	Time taken		
"God has determined every path of human rights, including our children.. we parents only lead and facilitate as much as we can..."	Realizing destiny	Don't stop praying to Him	
"I said to rich children, I want to entrust you to Allah, when we are not together, and I hope that he blesses everything you do."	Hope good		
"When all is done, the last hope is to mention his name and goodness for him in prayer.."	Try not to break up		

The developmental tasks of adolescence require significant changes in attitudes and behavior patterns. The magnitude of the challenges and internal and external problems often results in only a few teenagers being able to complete their developmental tasks. Their success depends on harmonious family relationships within the family (Maiman & Becker, 1977). Differences in the understanding of interactions within the family can lead to disputes between parents and adolescents, triggering quarrels. If there is no communication, the better of the two. Lack of parental communication with teenagers can also impact the emergence of estrangement in the family (Bonell et al., 2006; Bylund-Grenklo et al., 2015). Therefore, at this time, many teenagers need assistance or guidance, especially from their parents.

The function of family affection needs to be interpreted as a function to strengthen harmonious relationships between family members, including families and teenagers (Akard, 2015). This function needs to be turned on because the sense of love between each family member, kinship, and generation is the basis for creating a harmonious family (Bebchuk et al., 2019; Chan & Wong, 2015). Communication that understands each other in the family underlies the formation of the expected family formation (Sibiya, 2018). Research participants understand that communication is the key to the success of a harmonious relationship that directly affects the behavior of teenagers (Jo et al., 2019; Temple & Robson, 2003). Families strived to build and maintain good relationships between parents and their teenagers. Families are required to be able to deal with disputes between family members wisely.

Referring to the participant's information, it is known that the existence of dependence between family members shows that the family has one goal, namely achieving happiness. However, in practice, many discrepancies must be faced. The characteristics of very distinctive teenagers with unpredictable emotional conditions make parents more careful when conveying messages (Assadi et al., 2011). Conflicts that occur in the family, between adolescents and their parents, may not be as simple as it seems (Assadi et al., 2011). A seemingly uncomplicated conflict raises concerns that result in sensitivities involving self-confidence, independence, peer influence, and risky behavior (Lerner et al., 2018; Rhucharoenpornpanich et al., 2012). This condition triggers conflict because there is a difference between the wishes of parents and teenagers (Fink, 2016; LoBiondo-Wood & Haber, 2014). Accepted by peers and wanting to be considered an independent person correlates with the psychological condition of parents (Kusumawaty, Yunike, Elviani, et al.,



2021). It is essential to foster loving behavior between family members and between families. Others quantitatively and qualitatively.

Zafar et al., (2016) found that effective communication between parents and adolescents can be a factor in suppressing aggressive behavior in adolescents. Adolescent aggressive behavior is caused by the disharmony of communication and conflict between adolescents and their parents. The effective role of parents for their children will also affect the child's self-control (David et al., 2017). Self-control will be well developed if parents can apply self-discipline effectively to their children (Pratidina & Marheni, 2019). Self-control is self-potential that individuals can continuously develop. Averill, (1973) defines self-control as a psychological variable that includes an individual's ability to modify behavior, an individual's ability to manage unwanted information, and an individual's ability to choose an action based on something that is believed. So, when teenagers have good self-control, it will be difficult to fall into negative things. Adolescents with good self-control will be able to control themselves from behavior that violates the rules and norms of society (Denham et al., 2011; Fink, 2016). Adolescent self-control is related to the process of controlling emotions and controlling negative impulses that come from external individuals. When adolescents have good self-control, their aggressiveness will be low.

The level of family aggressiveness can be controlled when the family interacting together is ready to carry it out with a sincere heart to create harmonious relations between family members (Denham et al., 2011; Kusumawaty, Yunike, 2020). Moreover, all have realized that family harmony will strengthen family resilience so that no matter how heavy the storms of life, can be overcome easily. Harefa, (2021) states that family relationships are at their lowest when their children are in their teens. Therefore, the relationship between parents and adolescents must be harmonious so that parents can learn to understand the needs of their children growing up. If parents misrespond to their children's expectations, children will stay away from their parents and look for other people to be a place to complain. Whereas these other people may not have a positive impact on their children, it is fitting for parents to build good relationships with children.

This follows research by (Pratidina & Marheni, 2019), which found that self-control can be a predictor of aggressive behavior in adolescents, and self-control can suppress acts of aggression by adolescents. When parents and their teenagers have effective communication, the interaction will be better, and they can understand each other; interpersonal communication carried out by parents to children achieves the same meaning as communicating (Kusumawaty, Surahmat, Martini, et al., 2021). From this understanding, it can be concluded that effective parent-adolescent communication does play a role in the level of adolescent aggressiveness.

The results of this study are in line with the results of research by (Pratidina & Marheni, 2019), which found that there is a negative and quite strong relationship between parental interpersonal communication and adolescent aggressive behavior in Samarinda and the effectiveness of communication between parents and adolescents can be one of the factors to suppress aggressiveness in adolescents. This lower level of hostility can occur because parents' role as adolescents' managers can work well. After all, there is effective communication between parents and adolescents. Establishing effective communication between parents and children will cause parents to understand the development of adolescents and adolescents who understand the intentions and goals conveyed by their parents (Martínez-Muñoz et al., 2019). The role of parents as effective managers by find information, make contacts, help adolescents make choices, and provide guidance. The lower the communication between parents and adolescents, the higher the students' aggressiveness. The important value of communication between adolescents and parents is



the quality of communication between adolescents and parents. Condry found that adolescents spend twice as much time interacting with their peers compared to their parents. (Odgers & Jensen, 2020). As a result, this condition causes the relationship between parents and adolescents to be vulnerable to conflict. Quality communication is not seen from the frequency of communication that takes place but looks at the effectiveness of the implementation of communication. Self-control is an individual's ability to control impulses, and parents act as good managers, so adolescents do not behave aggressively. The role of this parent will be carried out correctly if the communication between parents and adolescents takes place effectively so that the part of the manager for their children in their teens can function effectively as well.

Rahmat, (2018) also explains that the social conditions surrounding today's youth also affect the heightened emotional level of adolescents. This can trigger teenagers to act more aggressively and even lead to criminal acts. (Situmorang et al., 2016) states that one of the predictors of aggressiveness is the role of parents. In addition to causing aggressive actions at school, the lack of effective Communication between parents and teenagers can also lead to actions that lead to criminal acts.

CONCLUSION

Parents understand the importance of the role of effective Communication with adolescents through the work of the manager they carry out. A well-executed part will increase the ability of adolescents to exercise self-control as the ability to compose, guide, regulate, and direct forms of behavior that can lead to positive consequences. Self-control is needed to help individuals overcome their limited skills and overcome problems. Efforts that can be made in overcoming conflicts with a communication approach include negotiating problems through psychoeducation, creating Communication without causing hostility to self-management, the importance of family involvement to formulate problem solutions, and encouraging self-evaluation efforts. Suggestions for parents are to build effective Communication with adolescents will increase self-control by instilling effective discipline behavior. The limitation of this study is that the scope of this research is still limited only to Palembang, so it is advisable to take the subject to another city and involve the father as the head of the family. Psychoeducation efforts can prevent and overcome conflicts with a communication approach.

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