



Self-Adjustment Viewed from Parenting Patterns of Students' Parents

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Abstract

This study aims to make a comparison of students' self-adjustment seen from three parenting styles. In this case it is compared between adjustments where parents are authoritarian and democratic, those who are authoritarian and permissive, and between democratic and permissive. The sample in this study was 100 people taken randomly from a population of 150 people. Data collection techniques using a Likert questionnaire scale. Technical data analysis using the two average difference test (T test). Tests showed that there were differences in the adjustment abilities of groups of students with authoritarian and democratic parents, there were differences in the adjustment abilities of groups of students with democratic and permissive parents, there were no differences in the adjustment abilities of groups of students with authoritarian and permissive parents. In the sense that the adjustment ability of the group of students whose parents apply democratic parenting is higher than the adjustment ability of the group of students whose parents are authoritarian and permissive.

Keywords: *Parenting Style; Adjustment; Authoritarian; Democratic; Permissive*

Introduction

Humans are social beings who basically cannot live alone and will always need help from others. Humans also need to interact with other people because as social beings, humans are required to be able to adapt to the environment around where they live and carry out their daily activities (Resti Audyna, 2022).

Every human being always tries to adapt himself wherever he is to suit the conditions and environment around him, be it at home containing the nuclear family or extended family, the community environment where a person socializes is included in the scope of education, namely school (Hariadi Ahmad, Ahmad Zainul Irfan, and Dedi Ahlufahmi, 2020)

In some circumstances, a person makes adjustments with different goals, there are those who just want to adapt to an environment that is considered to make a person comfortable, there are also those who adapt to a certain environment or group of people just so that they can feel accepted in that group. and others (Bestari Laia, Bonifasi Daeli, 2022)

A person is not necessarily born in a situation where he is able to adapt, some conditions such as physical, mental and emotional can be influenced by environmental factors where there will be a possibility that the adjustment process will develop in a better direction or vice versa (Putra Faja and Yolivia Ina Aviani, 2022) . Self-adjustment is a process that is lived throughout life that can shape humans to continue to find and overcome all pressures and challenges in life in order to achieve a healthy personality.

Students at school generally interact only with close friends or best friends. As is the case at Telaga 1 Public Middle School, students at this school are more comfortable and like to interact with people who are already familiar or only close friends. The tendency of students who are difficult to interact with other people will result in these students having difficulty adapting or adjusting. Conditions like this certainly cannot be allowed to drag on, a solution needs to be found immediately. To get a solution, it is necessary to explore possible factors related to student adjustment so that the solution is to improve these factors. One of the factors that can affect an individual's adjustment is parenting style. Parenting is a way that parents apply in nurturing, educating, fostering, teaching discipline with love so that individual social behavior can develop properly. children (Nabila Safira Khairina and Oedojo Soedirham, 2022) .

The parenting style applied in a family varies, this depends on the principles and views of each parent. A family acts as the first socializing place for a child. This role makes parents responsible for physical, social and mental development (Bahran Taib, Dewi Mufidatul Ummah Yulianti Bun, 2020). Parenting is also an action taken by parents in fostering, guiding, directing and caring for children so that later these children can stand alone and become independent in the future. The parenting style that is applied to each family is different, namely parenting that is authoritarian, democratic and permissive parenting (Qurrotu Ayun, 2017). These three parenting styles have a great influence on the formation of a child's personality, so that the parenting style of parents will greatly determine the character, attitude and behavior of each child.

In fact, the facts found in the field, namely in SMP Negeri 1 Telaga, there are still many students who have not been able to adjust to their peers in the school environment. The problem found is that there are some students who have not been able to adjust well with their friends by showing characteristics such as, students feel afraid and lack confidence associating with peers, are seen to be alone more often, are less able to communicate and feel insecure to join together in a group. Therefore, to see how much the parenting style contributes to the adjustment of students in school needs to be examined carefully. Therefore the researcher is interested in taking the title "Self-adjustment in terms of the upbringing of students' parents"

Methodology

This study uses research methods comparative description, namely comparing between authoritarian parenting styles, pattern foster person old democracy and pattern foster person old permissive to adjustment of class VIII students at SMP Negeri 1 Telaga.

Study This consists from 2 variable that is (1) pattern foster parent is variables free (independent variable) Which influence or Which become the cause of the change or the emergence of the dependent variable. (2) adjustment as dependent variable (dependent variable) that is affected or that becomes the result because of independent variables (Sugiyono 2016: 61).

According to Sugiyono (2013: 117) population is region generalization Which consists of: objects or subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn. The population in this study were all students of class VIII at SMP Negeri 1 Lake which totaled 100 people. According to sample is part from amount and characteristics Which owned by

population the Sugiyono (2013:18). Amount sample Which used is 100 people.

The data analysis used in this study is the normality test data, variance homogeneity test, hypothesis testing, correlation coefficient testing, correlation linear simple and all data processed in a manner automatic (calculationwith *Microsoft XL*).

Testing normality data used for know is model Regression dependent variable and independent variable both have normal distribution or not. In this study the normality test used the SPSS version of the application 21 by looking at *the test of normality on kolmogrofsmirnov* and *shapiro-wilk*. With level significant 5%. Basis taking decision as following:

- 1.If value $\text{Sig} \geq 0.05$ then data Which obtained distributed normal.
- 2.If value $\text{Sig} \leq 0.05$ then data Which obtained no distributed normal.

Results and Discussion

The data in this study are students' self-adjustment obtained from the distribution of instruments adjustment to students in junior high school Country 1 Lake. As for the respondents in collecting the data totaling 100 students. Based on the results of processing the data obtained student's level of adjustment as follows:

Percentage of Self-adjustment of State Junior High School 1 Students Lake

Norm	Score Interval	Category	Frequency	Percentage
$X \geq + 0.5$ SD	≥ 84	tall	36	36 %
$X \geq - SD$	83-55	currently	62	62%
$X \leq - SD$	≤ 54	low	2	2%
amount	100	100%		

The data above shows that 36% of students have high self-adjustment, 62% of students have moderate self-adjustment, and 2% of students have low self-adjustment.

Parenting pattern data obtained from the distribution of student parenting instruments at Telaga 1 Public Middle School. There were 100 respondents in the data collection. Based on the results of data processing, the level of student parenting was obtained as follows:

Table 4.2 Percentage Pattern Foster Student In JUNIOR HIGH SCHOOL Country 1 Lake

Pattern Foster	Frequency	Percentage
Democratic	34	34%
Authoritarian	33	33%
Permissive	33	33%
Amount	100	100%

The data above shows that there is 34% students have Democratic parenting, 33% of students have parenting style authoritarian, 33% of students have a pattern permissive parenting. Data the on obtained through classification category pattern foster person old.

Table 4.3 Self Adjustment Picture Student With Pattern Foster Democratic

Norm	Interval - Score	Category	Frequency	Percentage
$X \geq x + 0.5$ SD	≥ 84	Tall	34	100%
$X \geq x - SD$	83- 55	Currently	0	0%
$X \leq x - SD$	≤ 54	Low	0	0%
Amount			34	100%

Data The data above shows students' self-adjustment to parenting style democratic with a high category of 34% as many as 34 students with a percentage 100%.

Table 4.4 Overview Adjustment Student with Pattern Foster Authoritarian

Norm	Interval - Score	Category	Frequency	Percentage
$X \geq x + 0.5$ SD	≥ 84	Tall	1	3%
$X \geq x - SD$	53-55	Currently	30	91%
$X \leq x - SD$	≤ 54	Low	2	6%
Amount			33	100%

The data above shows students' adjustment to authoritarian parenting with category tall as much 1 students with percentage 3%, category being as much 30 student with percentage 91% And category low 2 student with percentage 6%.

Table 4.5 Description Adjustment Student with Pattern Foster Permissive

Norm	Interval - Score	Category	Frequency	Percentage
$X \geq x + 0.5$ SD	≥ 84	Tall	1	3%
$X \geq x - SD$	83- 55	Currently	32	97%
$X \leq x - SD$	≤ 54	Low	0	0%
Amount			33	100%

Data on showing adjustment self student with pattern foster permissive with category tall as much as 1 students with a percentage of 3%, medium category as many as 32 students with a percentage of 97% and category low 0 students with a percentage of 0%.

Analysis Results

Comparison of Self-adjustment of Students with Democratic Parenting with Authoritarian

Group Statistics

	Parenting	N	Means	std. Deviation	std. Error Means
Adjustment	Democratic	34	92.46	1,661	.285
	Authoritarian	33	55.02	4,635	.807

From the data above, the average student self-adjustment is obtained with patterns democratic parenting 92.46 with a standard deviation of 1.661 and student self-adjustment with parenting authoritarian 55.02 with a standard deviation of 4.653.

Comparison of Student's Adjustment to Parenting

Democratic with Permissive

Based on the results of calculating the difference between the two average adjustment scores student with pattern foster democratic and student with pattern foster permissive obtained with the following data.

Group Statistics

	Parenting	N	Means	std. Deviation	std. Error Means
Adjustment	Democratic	34	92.46	1,661	.285
	Permissive	33	57.60	5,338	.929

From the data above, the average student self-adjustment is obtained parenting style democratic 92.46 with a standard deviation of 1.661 and student self-adjustment with pattern authoritarian parenting 57.60 with a standard deviation 5,338

Comparison Adjustment Self Student With Pattern Foster Authoritarian with Permissive

Based on the results of calculating the difference between the two average adjustment scores students with democratic parenting and students with permissive parenting obtained with the following data.

Group Statistics

	Parenting	N	Means	std. Deviation	std. Error Means
Adjustment	Authoritarian	33	55.02	4,635	.807
	Permissive	33	57.60	5,338	.929

From the data above, the average student self-adjustment is obtained with patterns foster authoritarian 55.02 with standard deviation 4,635 And adjustment self-student with parenting authoritarian 57.60 with a standard deviation 5,338

Based on the results of research on the comparative description study of patterns parenting, namely authoritarian, democratic and permissive and student self-adjustment SMP Negeri 1 Telaga. It can be concluded that there are differences in parenting styles parents and adjustment of students in junior high school Country 1 Lake. Seen from several indicators such as authoritarian parenting, democratic parenting, and parenting permissive, it can be seen the difference in parenting and adjustment student at State Middle School 1 Lake.

The first indicator is democratic and authoritarian parenting styles adjustment self-student. On indicator This results test t showing coefficient as big 44,261 with a significant level of 0.000 (2 tailed) ($p > 0.05$) and an empirical mean (M) for democation parenting style students is 92.46 while for parenting style students authoritarian of 55.02. From these results indicate that there are differences significant on indicator pattern foster democratic and authoritarian with adjustmentsstudents of SMP Negeri 1 Telaga are considered the same or have different differences significant.

The second indicator is parenting from an adjustment point of view from the results of the t test showing coefficient as big 36310with level significant 0.000 (2 tailed) ($p > 0.05$) and the empirical mean (M) for democational parenting students is 92.46 whereas For student pattern foster permissive as big 57,60.From results This shows that there are significant differences in parenting pattern indicators democratic and permissive by looking at the adjustment of students at SMP Negeri 1 Lake, considered to have a difference Which significant .

The last indicator or the three authoritarian and permissive parenting styles from the t-test results showed a coefficient of -2.097 with a significant level of 0.040 (2 tailed) ($p > 0.05$) and the empirical mean (M) for students with authoritarian parenting was 55.02 while for students with authoritarian parenting styles permissive parenting style is 57.60. From these results it shows that there is no significant difference in the indicators of permissive parenting and self-adjustment for students of SMP Negeri 1 Telaga, it is considered that there is no significant difference.

From the explanation of the three indicators that have been explained and tested, it can be concluded in general that parenting styles and student adjustment have differences, namely due to authoritarian, democratic and permissive parenting styles. This means that the three parenting styles have different impacts. on students' self-adjustment. Comparison of the three parenting styles of parents and student adjustment at SMP Negeri 1 Telaga has differences. Of the three parties that have higher parenting styles are democratic parenting styles and student self-adjustment based on the results of the t-test . This is in line with research conducted by Annisa (2020: 24) that the results of the research show that data on the tendency for good parenting to adapt is a democratic model of parenting. This means that democratic parenting provides many advantages for parents and students. Students feel valued by the democratic attitude of parents so that harmonious communication is established between students and people, students are easier to get along with, socialize, and accept learning with pleasure without feeling pressure from parents who expect perfection.

Conclusion

Based on the results of the analysis performed, it can be concluded that:

- a. There is a difference in the adjustment ability of the group of students whose parents are authoritarian and democratic at Telaga 1 Public Middle School, Gorontalo Regency, with a tcount $> t_{table}$ value of $0.678 < 44,261$.

- b. There is a difference in the adjustment ability of the group of students whose parents are democratic and permissive at SMP Negeri 1 Telaga, Gorontalo Regency, with a t count > t table of $0.678 < 36,310$.
- c. There is no difference in the adjustment ability of the group of students with authoritarian and permissive parents at Telaga 1 Public Middle School, Gorontalo Regency, with a tcount<ttable of $0.678 > -2.09$

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