

INCREASING EDUCATIONAL AWARENESS OF PARENTING STYLES AND FAMILY SOCIAL SUPPORT ON ADOLESCENT MENTAL HEALTH

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ABSTRACT

Good mental health requires the ability to manage emotions, thoughts, and actions in a healthy and adaptive manner. Parental upbringing and family support are crucial in maintaining the mental health of adolescents, as they are the closest individuals within the family. Emotional support from the family and access to mental health resources like psychologists or mental health clinics can assist adolescents in overcoming stress and pressures in their lives. This paper uses a literature review methodology to explore the family's role in adolescent mental health. The findings based on the literature review indicate that the family has a significant influence on adolescent mental health. Parenting styles demonstrated by parents have a significant impact on the mental development of adolescents. The social support provided by parents to their children is likewise crucial. With strong social support from the family and the surrounding environment, adolescents can build positive relationships with others, effectively overcome challenges, and achieve desired life goals.

Keywords: educational awareness, mental health issue, parenting style, family's role, adolescence

MENINGKATKAN KESADARAN PENDIDIKAN TENTANG POLA ASUH ORANG TUA DAN DUKUNGAN SOSIAL KELUARGA TERHADAP KESEHATAN MENTAL REMAJA

ABSTRAK

Kesehatan mental yang baik memerlukan kemampuan untuk mengelola emosi, pikiran, dan tindakan secara sehat dan adaptif. Pendidikan pola asuh orang tua serta dukungan keluarga memiliki peran yang penting dalam menjaga kesehatan mental remaja, karena mereka merupakan individu yang terdekat di dalam keluarga. Dukungan emosional dari keluarga dan akses ke sumber daya kesehatan mental seperti psikolog atau klinik kesehatan mental dapat membantu remaja dalam mengatasi stres dan tekanan dalam kehidupan mereka. Artikel ini menggunakan metodologi tinjauan pustaka untuk mengeksplorasi peran keluarga dalam kesehatan mental remaja. Temuan dari tinjauan pustaka menunjukkan bahwa keluarga memiliki pengaruh yang signifikan terhadap kesehatan mental remaja. Pola asuh yang ditunjukkan oleh orang tua memberikan pengaruh yang signifikan terhadap perkembangan mental remaja. Demikian pula dengan dukungan sosial yang diberikan oleh orang tua kepada anak-anak mereka. Dengan adanya dukungan sosial yang kuat dari keluarga dan lingkungan sekitar, remaja dapat membangun hubungan yang positif dengan orang lain, mengatasi masalah dengan lebih efektif, dan mencapai tujuan hidup yang diinginkan.

Kata Kunci: kesadaran pendidikan, isu kesehatan mental, pola asuh orang tua, peran keluarga, remaja

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INTRODUCTION

Being a complete human can be seen in how well someone takes care of their health, both physically and mentally, commonly known as mental health. Mental health education is an important aspect of overall human health and is as important as physical health. Good mental health is closely related to the ability to manage emotions, thoughts, and actions in a healthy and

adaptive way. According to Rifani & Rahadi (2021) human mental health which is related to emotions and mood, is an important factor in carrying out all human activities. With good mental health, a person is able to build positive relationships with others, solve problems more effectively, adapt to stress more effectively, and achieve desired life goals. The research gap in

this study is the lack of comprehensive and focused mental health education, especially in developing countries. While the importance of mental health is recognized, there is a need for more attention and specialized education to address mental health issues, particularly among adolescents. According to a study by Behanova et al. (2013), mental health problems should not be underestimated because they are worsening. However, the problem lies in the lack of resources and services. A study by Putri, Wibhawa, and Gautama (2015) states that developing countries generally pay less attention to mental health issues. In line with previous research, according to Ridlo (2020), mental health in developing countries has not been well addressed. Similarly, research by Bahari, Sunarno, and Mudayatiningsih (2017) states that knowledge about mental health issues within the family environment is still very limited. Therefore, through this research, it is hoped that the community, especially families, can have a better understanding of addressing mental health issues among adolescents. However, when mental health is disrupted, a person may experience difficulties in everyday life. Junior and High (2017) state that mental illness and mental disorders are becoming increasingly common public health problems for adolescents, similar to other health issues. Therefore, special attention from the society mainly in the family environment and focused education are needed to maintain the mental health of teenagers.

As reported in Kompas (2022), quoting data from the WHO, nearly 1 billion people experience mental health disorders. In 2019, approximately 970 million people lived with mental disorders. The most common mental disorders experienced are anxiety and depression. Furthermore, in Indonesia in 2019, more than 19 million children over the age of 15 experienced emotional disorders, and more than 12 million children over the age of 15 had depressive disorders. This data shows that mental health needs to be addressed. It is a serious problem because 20% of the total population of 250 million in Indonesia is prone to mental health problems. Mental illnesses and mental disorders are becoming more prevalent issues in this digital

era with the emergence of social media, which increasingly influences daily life. Research conducted by Putri et al. (2022) states that excessive use of social media can affect children's behavior. Children become less concerned about their surroundings. Meanwhile, relationships with other people are needed, not just being fixated on social media dependence. According to Kasingku, Siwu, and Sanger (2023), good relationships are very important for young people, including children and adolescents. Furthermore, as research conducted by Chikmah and Fitrianingsih (2018) states, excessive use of social media for more than 1 hour can increase mental problems in children. That is why parents need to guide and limit the time and types of content consumed wisely. The use of gadgets such as smartphones, laptops, tablets, and other electronic devices that have increased in this digital era can have a significant impact on a person's mental health, such as emotional imbalance, sleep disorders, social anxiety, dependency, and decreased concentration. Research conducted by Keswara, Syuhada, and Wahyudi (2019) shows the relationship between gadget usage behavior and sleep quality. In other words, the more time spent on gadgets, the more it is related to a child's sleep quality. When sleep quality is poor, it will have an impact on mental health. Therefore, parents need to pay more attention to their children in order to maintain their mental health. With good mental health, children will be more receptive to the education they receive. If this problem is not addressed, it will not only affect individuals but also have an impact on families, communities, and society as a whole. In addition, mental health issues can also affect the productivity and quality of life of those affected, which ultimately impacts society as a whole. Therefore, there is a need for more comprehensive and holistic efforts to prevent and address mental illnesses and disorders.

In this regard, family plays a crucial role in maintaining a person's mental health. As the individual's closest environment, the family can provide much-needed emotional support and help facilitate access to mental health resources such as psychologists or mental health clinics. Furthermore, the family can also help promote

healthy behaviours that can help prevent mental health problems, such as maintaining a balanced diet, getting enough sleep, and maintaining a balanced lifestyle. Therefore, it is important for families to understand the importance of their role in maintaining the mental health of their family members and strive to provide support and a positive environment for their mental health.

In addition, social support from family and the surrounding environment is also crucial in facilitating positive social relationships for teenagers. Parents can help teenagers by introducing them to communities or groups that align with their interests and hobbies. This can help teenagers build positive social relationships and expand their network of friends. Therefore, it is important for families and the surrounding environment to provide sufficient social support for teenagers. This social support can be emotional support, instrumental support, or informational support. With strong social support, teenagers will be better able to maintain their mental health and build positive social relationships with the people around them.

METHOD

The method employed in this study utilizes a qualitative research approach and library research method. Library research is a research method that relies on data and information derived from written sources in the library (Mukhtar & Pd, 2013). This study is commonly known as descriptive qualitative library research. This method gathers, organizes, and analyzes data from theories, research, and information sources available in the library to collect the necessary data and information. The quantitative research approach is used to measure the variables under investigation using numerical data that is analyzed statistically. On the other hand, the library research method is employed to gather data or information from various sources such as journals, books, articles, and electronic databases. Then, analyze the data by selecting, reading, and evaluating information that is relevant to the research topic. The result of the data analysis is then used to build arguments and support the findings in the research. Data collection for literature studies is done using a

database search tools as a step to find literary sources. This research is conducted by analyzing articles related to the conducted research and then crating summaries related to the objectives of this research. The data collection method for this study is through databases that provide national and international journals. The collected articles that are relevant to this research can be accessed on various websites. The data analysis technique used in this study involves, first identifying relevant sources on the research topic found in various scientific articles and related books. Next, the researchers select journals published within 10 years that will be used as references in this research. Then, relevant articles are grouped, and articles related to parenting styles are separated, as well as articles related to adolescent mental health. Hereafter, the articles that have been separated according to the variables of this research are identified for similarities and differences in the information presented in each article, which will be used as references. Once the information from several relevant articles has been analyzed, the researchers compile a literature review study by integrating the relevant findings.

RESULTS AND DISCUSSION

Good mental health is very important for individuals in various aspects of life, including personal, family, work, and social relationships. Normal and healthy mental conditions can help a person function optimally and be able to respond well to life's challenges. In addition, good mental health also allows individuals to live according to religious values, community customs, and social standards. WHO states that mental health is not limited to the health area but also includes education, employment, justice, transportation, the environment, and others. (O'Reilly, 2018). Anyone can experience mental or psychiatric disorders. Kemenkes (2021) provides data from RISKESDAS 2018 and shows that the prevalence of mental and emotional disorders is significant in Indonesia. According to these data, around 11.8% of Indonesia's population experiences mental and emotional disorders. According to Wicaksono (2021), emotional mental disorders can include various types of disorders, such as depression,

anxiety, stress, and sleep disorders. These disorders can affect a person's physical health and reduce their productivity. This shows that teenagers are more susceptible to various types of mental disorders, such as depression, anxiety, and eating disorders. This condition can be caused by many factors, such as pressure from peers, academic stress, or problems in the family. As stated by Indriani (2020), pressure from peers can trigger stress. Likewise, research conducted by Rahmawati (2014) stated that if children are involved in family problems, then these children are prone to experiencing mental disorders or stress. Thereby, parents must pay attention to every action taken in the family because it will affect the development of their children. According to Rahmawaty et al. (2022), there are risk factors that contribute most to mental health disorders, including experiences of violence due to authoritarian parenting, including physical violence received in the family, strict rules in the family, parents being pushy in making decisions, and rarely communicating and exchanging ideas. Then, gratitude can affect the mentality of teenagers. If there is a lack of support from the family—both father and mother—it will cause children to experience mental health disorders, making it difficult for them to be grateful in life. Keep in mind that women tend to experience mental health disorders at a higher rate than men. Research conducted by Suwardani (2019) on children in military families states that parenting styles in shaping children's character are based on several factors of upbringing, including the upbringing that parents experienced when they were children, the level of education of parents, and parental occupation. If parents have positive parenting styles for their children and children have positive responses, there will be a close and good relationship between children and parents, and vice versa, so that in the end it will form the character of the child. So it can be said that parents' communication styles, roles and responsibilities in the family, and communication habits formed in the family are some of the factors that can influence family communication. The dominant communication style in the family can also affect the communication style of other family members.

Families can play a very important role in adolescent mental health. Meanwhile, according to Fitria & Maulidia (2019), family support is a form of interpersonal relationship that includes the attitudes, actions, and acceptance of adolescents, so that they feel that someone is paying attention. There is a need for high levels of family social support to prevent mental health problems in adolescents during the transition period. The results of this study indicate that positive and open family communication can help improve adolescent mental health, including reducing the risk of depression, anxiety, aggressive behavior, and risky behavior. Research conducted by Devi (2016) states that strategic family therapy can make communication between family members more open so that it will create family warmth, emotional support, and positive interactions between family members, which play an important role in creating positive family communication. That is why the suggestion from this research is that each family member pays attention to one another, more specifically being able to pay attention to household chores and provide mutual social support among family members.

Furthermore, the findings of the study conducted by Unde (2023) demonstrate a significant relationship between parent-adolescent communication and adolescent mental health. Adolescents who have better communication with their parents tend to have better mental health as well. Therefore, according to Kasingku, Sanger, and Gumolung (2022), parents must be an example for their children in everything. When parents maintain their household commitments, both husband and wife, it will affect their children's mentality. But on the other hand, if there is a divorce in the household, children can blame the broken home for damaging their future. So, there is an important role for parents to pay attention to and be responsible for their children's growth and development, even if there are parents who eventually divorce. They still have to pay more attention to their children. The research conducted by Satwika et al. (2021) also states that emotional support has a direct influence on positive family communication. In other words, parent-child communication plays an important

role in the overall development of a child, particularly in their mental well-being. By providing gentle and patient guidance and support in their upbringing, parents can contribute to the positive development of their child's mental health.

According to Gross and Munoz (1995), as cited in Yunanto (2019), there are several aspects that affect mental health, including understanding, communicating, and regulating emotions. Poor family communication can cause stress and pressure on adolescents, ultimately impacting their mental health. It can create family conflicts, feelings of loneliness and isolation, and a sense of insecurity among adolescents. This is supported by a journal article written by Lubis (2023), where researchers indicate that poor family communication can lead to stress and pressure on adolescents. Therefore, it is important for families to create a supportive environment that facilitates good family communication. Additionally, adolescents should be trained in adaptive coping strategies to deal with the stress and pressure that arise from poor family communication. Moreover, the roles and responsibilities assigned to family members can also influence family communication. Families that have positive and open communication habits tend to have better family communication. Therefore, it is important to pay attention to and improve family communication to help enhance adolescent mental health.

On the other hand, poor family communication can also impact mental health. Research conducted by Sukma (2022) states that when family communication is lacking, it affects mental development, even though a mother's approach to her child's mental development is good in terms of knowledge. However, there are negative influences due to the COVID situation, as children cannot meet their peers, resulting in stress. Parents should have effective ways to provide input to their children to prevent them from experiencing stress. Additionally, good family communication involves the ability to listen and understand the perspectives of other family members. This means that family members should listen attentively and show empathy towards others' views and feelings. The ability to

understand others' perspectives can help prevent unnecessary misunderstandings and conflicts, and it allows family members to build stronger relationships. This is consistent with research conducted by Berlianti et al. (2016), which shows that communication between fathers and adolescents, communication between mothers and adolescents, and physical violence between parents and adolescents can influence adolescents' aggression towards others. Misunderstandings occur when parents use ineffective parenting approaches. However, if parents use positive approaches in their relationship with their child, misunderstandings and even a child's inclination towards engaging in negative behaviors can be prevented.

Research conducted by Dewi (2012) also indicates that good family interpersonal skills, such as the ability to resolve conflicts constructively and build healthy relationships, can help improve adolescent mental health. This is because when family members have good interpersonal skills, they are more likely to be open and honest in their communication with each other. This can help build healthier and closer relationships among family members. Adolescents who feel close to their families tend to have lower levels of stress and anxiety. This is also in line with research conducted by Sridasweni et al. (2017), which states that there is a significant relationship between interpersonal communication and conflict management among students. Good family interpersonal skills can also contribute to improving adolescent mental health. Skills such as constructive conflict resolution can help reduce the stress and anxiety experienced by adolescents, thereby enhancing their overall mental well-being. Husnina (2016) demonstrates that good family interpersonal skills can enhance adolescent mental health through the improvement of self-esteem. Skills such as constructive conflict resolution can help reduce the stress and anxiety experienced by adolescents. Therefore, families can play a crucial role in enhancing adolescent mental well-being through the development of good interpersonal skills. Furthermore, according to Mustamu et al. (2020), parenting styles can also influence various aspects of adolescent mental health, although they may

not have a linear relationship with mental health. Adolescents who experience authoritative parenting tend to have lower levels of anxiety and depression, as well as better aggressive behavior. Thus, parental upbringing significantly influences adolescent mental health and can be considered a factor to be taken into account in efforts to prevent and address mental health issues in adolescents. Therefore, it is important for parents to pay attention to their parenting styles and adopt authoritative or democratic parenting styles that can help foster good mental health in adolescent.

CONCLUSIONS AND RECOMMENDATION

The findings of this study indicate that there is a positive correlation between family social support and the mental health of adolescents. Adolescents who perceive strong social support from their families tend to exhibit better mental health outcomes, including reduced levels of anxiety and depression. Additionally, family social support can also contribute positively to the enhancement of self-esteem, self-efficacy, and social adjustment among adolescents. It is crucial for families to provide sufficient social support to adolescents in order to promote their mental well-being. Further investigations could be conducted to delve into other factors influencing adolescent mental health and to explore how family social support can serve as a protective element in navigating the pressures and challenges of adolescent life.

Based on the conclusion regarding the significance of family social support for adolescent mental health, it is recommended to promote and encourage effective communication within families. This can be achieved by prioritizing open and honest communication, actively listening to adolescents, providing emotional support, and creating a non-judgmental atmosphere. Regular family discussions can strengthen the familial bond and allow adolescents to express their thoughts and emotions. Additionally, providing educational resources and training for parents on optimal parenting styles, such as authoritative or democratic approaches, can enhance their understanding of adolescent development and mental health. Establishing support networks and

services for families, including access to mental health professionals, tailored support groups, and educational resources, is crucial. These collaborative efforts between communities and educational institutions can empower families to navigate the challenges of adolescence while ensuring adolescents receive the necessary care and assistance for their mental well-being. Further research is needed to explore additional factors influencing adolescent mental health and gain a deeper understanding of how family social support functions as a protective element. These findings can inform the development of targeted interventions and policies aimed at promoting mental health outcomes for adolescents.

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