

PARENTAL OVERPROTECTIVE BEHAVIOR AND ADJUSTMENT IN ADOLESCENT GIRLS

Narastri Insan Utami ^{a*)}, Syifa Alfatikah^{a*)}

^{a)} Universitas Mercu Buana Yogyakarta, Yogyakarta, Indonesia

^{*)}Corresponding Author: narastri@mercubuana-yogya.ac.id

Article history: received 02 September 2023; revised 16 September 2023; accepted 02 October 2023

DOI: <https://doi.org/10.33751/jhss.v7i3.9330>

Abstract. This study aims to determine the relationship between parents' overprotective behavior and self-adjustment in adolescent girls. The hypothesis proposed in this study is that there is a negative relationship between parental overprotective behavior and self-adjustment in adolescent girls. The subjects in this study totaled 100 subjects, namely high school students. Data retrieval using the likert scale. The data analysis technique used is a product moment correlation test. The results of the correlation test for overprotective variables with self-adjustment in adolescent girls showed $(r_{xy}) = -0.697$ with $p = 0.000$, meaning that the hypothesis that there is a correlation between overprotective behavior and self-adjustment is acceptable. Effective donation (R^2) showed that overprotective behavior towards self-adjustment contributed 48% and the remaining 52% was influenced by other factors.

Keywords: overprotective; self-adjustment; adolescent girls

I. INTRODUCTION

According to the Indonesian Ministry of Health [1] stated that adolescence is a period of physical, psychological, and intellectual growth and development. The characteristic of adolescents is having a great sense of curiosity, liking adventure and challenges, and tending to dare to take risks for their actions without being preceded by careful consideration. In this phase, individuals must always be ready and able to face all the challenges of association with peers and life so that adolescents can adapt to their surroundings. Adjustment with the term adjustment or personal adjustment. The notion of self-adjustment, according to Schneider [2], can be viewed from three perspectives: self-adjustment as adaptation, self-adjustment as a form of conformity, and self-adjustment as an effort of mastery. Women's self-adjustment is a process that includes mental and behavioral responses that individuals strive for to be able to successfully deal with internal needs, tensions, frustrations, and conflicts and to produce a quality of harmony between demands from within the individual and the demands of the outside world or the environment in which the individual lives. Are [3]. According to Schneiders [2], reasonable adjustment for adolescents has the following characteristics: (a) There is no excessive emotion, namely showing emotional calm and control, allowing the individual to deal with a problem appropriately and determine possible solutions to issues when obstacles arise, (b) Individuals solving a problem do not use defense mechanisms without psychological defense mechanisms, (c) There is no personal frustration, namely the ability to organize thoughts, feelings, motivations, and behavior to deal with situations that require

resolution, which means that the individual does not experience frustration.

Not all teenagers can adjust well to the school or surrounding environment. According to Schneiders [2], factors that can process adjustment (especially for teenagers) are physical condition, personality, learning process, environment, religion, and culture. Soesilowindradini [4], at the age of approximately 14 to 15 years, girls are more likely to choose boys as leaders of activities at school, and boys think that in these cases, it is more appropriate if a son becomes the leader. So, therefore, the activeness and leadership of boys are superior to girls. The description above shows that young women prefer boys to lead a group or organization because they are considered more qualified than women. And it has become a character for women and men. Adolescent boys and girls certainly have differences in psychological and physiological terms that affect their way of thinking, how to get along with friends, and how to make decisions. The reason is the parenting style of parents who are too overprotective of their children. This is justified by the results of interviews conducted by researchers through the subject's experience that he felt uncomfortable and pressured by the overprotective care that his parents applied to him. The issue is that this behavior does not allow one to adapt to other people. On the contrary, this behavior creates problems for the subject, such as the subject being unable to overcome his problems and adjust, which in the end the issue limits him to reducing the subject's parents' worries. Carroll in Agustiani [5] emphasized that if the need to master is complete or, for the most part, it fails in the long term, then the individual cannot adapt.

According to Hafsa [6], overprotective behavior is a tendency for parents to educate their children by overprotecting them by protecting them against physical and psychological disturbances and dangers. Meanwhile, Tatang [7] states that parental overprotective behavior is excessive contact with children, continuous care or assistance, supervising children's activities, and solving children's problems. As experienced by three teenage girls in Jatinom, Klaten, in the interviews conducted by researchers, they received overprotective parenting from their parents. The teenager felt that his parents were always worried about his son when he was outside the house by constantly telling him to come home quickly. They also became less able to socialize with their environment. They depend on their parents to solve the problem when they get into trouble outside. The results of this study are in harmony with the opinion of Soeparwoto, in Kumalasari & Ahyani [8] describe that one of the external factors of adjustment is family, especially parenting. On Democratic parenting with an atmosphere of openness will provide more opportunities for adolescents to carry out the adjustment process effectively. This opinion was justified through the results of interviews conducted by researchers via chat on WhatsApp; 3 young girls in Jatinom, Klaten felt that they were less able to socialize with their environment, and in solving problems, they tended to depend on their parents. Based on the description above, the hypothesis is that a negative relationship exists between parents' overprotective behavior and adjustment in female adolescents.

II. RESEARCH METHODS

This study uses a quantitative research method with a correlational approach to determine the relationship between variables. In this study, the independent variable is overprotective, and the dependent variable is an adjustment. The research subjects in this study had criteria, namely students or students in grades 1-3 of senior high school (SMA). This researcher uses a Likert scale. The variables to be measured are translated into variable indicators, which are then used as a starting point for compiling instrument items in the form of statements or questions. The Likert scale for measuring overprotective, which consists of 18 things tested for validity and reliability by Sugiyono [9] produces reliability (Cronbach's Alpha) of 0.758 and validity ranging from 0.052-0.473. So that the scale will be used in research. The data collection technique that will be carried out is distributing questionnaires through Google Forms. The data analysis used by the researchers was Pearson product-moment analysis, which was statistically used to test the relationship between variables. Data analysis will be assisted by the SPSS version 25.0 program.

III. RESULTS AND DISCUSSION

This study examined 100 grade 1-3 high school students. In this study, categorizing variables to measure overprotective using a Likert scale found that:

Table 1. Overprotective Behavior Categorization

Category	Guidelines	Score	Amount	Percentage
High	$M + 1.SD \geq X$	$64 \geq X$	14	14%
Medium	$M - 1SD \leq X < M + 1SD$	$52 \leq X < 64$	74	74%
Low	$X < M - 1.SD$	$X < 52$	12	12%
Total			100	100%

Based on the results of the data categorization of the Overprotective Behavior variable, the table shows that subjects who are in the high category are 14%, namely 14 subjects; the medium type is 74%, namely 74 subjects; and the low class is 12%, namely 12 subjects. From these results, most of the subjects in this study had overprotective behavior in the moderate category. For the category of self-adjustment variables, it was found that:

Table 2. Categorization of Self-Adjustment

Category	Guidelines	Score	Amount	Percentage
High	$M + 1.SD \geq X$	$34 \geq X$	12	12%
Medium	$M - 1SD \leq X < M + 1SD$	$26 \leq X < 34$	83	83%
Low	$X < M - SD$	$X < 26$	5	5%
Total			100	100%

This research has also carried out hypothesis testing using product moment correlation (person correlation).

Table 3. Person Correlation

Variable	Coefficient(r_{xy})	P value	Conclusion
Overprotective and adjustment	-0,697	0,000	Hub. negative

Product moment correlation technique guidelines are if $p < 0.050$ means there is a correlation between the two variables, but if the results obtained are ≥ 0.050 then there is no correlation between the two variables being tested. Based on the results of the product moment correlation analysis, the coefficient (r_{xy}) = -0.697 with $p = 0.000$ is obtained. This shows that there is a significant negative relationship between overprotective behavior and adjustment in female adolescents in high school. This indicates that the hypothesis in this study can be accepted. The results of research that has been researched by researchers found that there is a negative relationship between parental overprotective behavior and self-adjustment. Evidenced by the analysis of the correlation coefficient (r_{xy}) = -0.697 with $p = 0.000$. These data indicate that the behavior of parents influences adjustment in adolescents. The results of the research conducted found that poor self-adjustment is influenced by high overprotective behavior factors. Conversely, good adjustment is influenced by low overprotective behavior factors. Acceptance of the hypothesis in this study reveals that overprotective behavior

is a factor that can affect adjustment. Soeparwoto, in Kumalasari & Ahyani [8] describes that one of the external factors of adjustment is family, especially parenting. Overprotective parenting patterns result in children not having the opportunity to learn to be independent, to make decisions, to become very dependent on their parents, to be difficult to adjust to and to be indecisive, because the behavior of overprotective parents results in a child being weak at heart when away from parents. , escaping from reality, mentality and ability to be fragile, impervious to arguments and criticism and often in conflict with others and usually unable to deal with life's frustrations [10]

Hurlock [11] explain that a teenager whose parents are overprotective rarely experiences conflict, because they often receive protection from their parents, with this situation, adolescents have less opportunity to learn various ways or social manners in their environment. it is only natural that teenagers experience problems adjusting. The results of research that has been researched by researchers found that there is a negative relationship between parental overprotective behavior and self-adjustment. Evidenced by the analysis of the correlation coefficient (r_{xy}) = -0.697 with $p = 0.000$. These data indicate that the behavior of parents influences adjustment in adolescents. The results of the research conducted found that poor self-adjustment is influenced by high overprotective behavior factors. Poor adjustment is a result of the pressure felt by adolescents on their parents who behave overprotective towards their children, the feeling of discomfort in children due to the behavior of overprotective parents has an impact on psychological and psychological health which has an impact on adjustment in their environment. . Adolescents who feel uncomfortable with the behavior of their overprotective parents will cause individuals to experience pressure which results in poor adjustment to their environment. If parents do not behave overprotective then adolescents will have good adjustment abilities. In this study, Overprotective Behavior made an effective contribution of 48% to the Self-adjustment variable and the remaining 52% was influenced by other factors outside of this study. So the results of this study is that there is a relationship between parents' overprotective behavior with adjustment in female adolescents. So in this study it was found that overprotective behavior had a negative and significant relationship with adjustment in female adolescents.

IV. CONCLUSION

Based on the research that has been done, the research results show that there is a negative and significant relationship between overprotective behavior and self-adjustment in female adolescents. the higher the overprotective behavior, the lower the adjustment for young girls, conversely, the lower the overprotective behavior, the higher the adjustment for young girls.

REFERENCES

- [1] Kemenkes, RI. 2016. *Infodatin*. ISSN 2442-7659.
- [2] Oki Tri, Handono dan Khoiruddin, Bashori. 2013. *hubungan antara penyesuaian diri dan dukungan sosial terhadap stres lingkungan pada santri baru*. Jurnal Fakultas Psikologi. Vol. 1. No. 2.
- [3] Miftahul Jannah. 2016. *Remaja dan Tugas-tugas Perkembangan Dalam Islam*. Jurnal Psikoislamedia. Vol. 1. No. 1.
- [4] Azwar, Saifuddin. 2003. *Penyusunan Skala Psikologi*. Yogyakarta. Pustaka Jaya.
- [5] Meidiana, Pritaningrum dan Wiwin, Hendriani. 2013. *Penyesuaian Diri Remaja yang Tinggal di Pondok Pesantren Modern Nurul Izzah Gresik Pada Tahun Pertama*. Jurnal Psikologi Kepribadian dan Sosial Vol.02 No. 03.
- [6] N. Hafisah, "Meningkatkan Hasil Belajar Siswa Sekolah Dasar Dengan Model Pembelajaran Picture And Picture Pada Materi Mengidentifikasi Karakteristik Geografis Indonesia Sebagai Negara Kepulauan/Maritim Dan Agraris," *Journal of Social Studies, Arts and Humanities (JSSAH)*, vol. 02, no. 01, pp. 61–66, 2022, doi: 10.33751/jssah.v2i1.6093.
- [7] Y. Suchyadi, T. Muhajang, R. S. Indriani, and M. Mirawati, "Implementation Of Supervision In Improving The Learning Process And Character Education In Elementary Schools," *Journal of Social Studies Arts and Humanities (JSSAH)*, vol. 2, no. 2, pp. 143–146, 2022, doi: 10.33751/jssah.v2i2.6152.
- [8] Fani, Kumalasari dan Latifah, Nur Ahyani. 2012. *Hubungan Antara Dukungan Sosial Dengan Penyesuaian Diri Remaja Di Panti Asuhan*. Jurnal Psikologi Pitutur. Vol. 1. No.1.
- [9] Sugiyono. 2019. *Metodelogi Penelitian Kuantitatif dan Kualitatif Dan R&D*. Bandung: ALFABETA
- [10] Daradjat, Zakiah. 2001. *Kesehatan Mental*. Jakarta. Gunung Agung.
- [11] Hurlock,Elizabeth,B. 2022. *Psikologi Perkembangan Suatu Pendekatan Rentang*