

## **The Adolescent Emotional Regulation with a Single Parent and Its Implication on Family Education**

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### **Abstract**

This study aimed to determine the image of the emotional regulation of adolescents who has a single-parent man. This type of research is qualitative research with a phenomenological study approach. The research place is the subject, who resides in Serang city. The data sources of this study are three teenagers who have single parents caused by death. The results showed that the picture of emotional regulation in adolescents with single parents' men had not been formed perfectly. Because the subject was still unable to cope with the emotional problems he was experiencing, it wasn't easy to control and express his emotions appropriately. The implications of this study illustrate the importance of a close single-parent man in adolescents to have good emotional skills.

Keywords: Emotional regulation, Single parents' man, Adolescents

### **INTRODUCTION**

Adolescence is a transition from childhood to adulthood. In every phase of development, there are developmental tasks to be met. When an individual can accomplish the developmental tasks well, there is satisfaction and happiness to fulfill the developmental tasks of the next phase. On the other hand, if the individual needs to complete the task of progress properly, conflicts will impede the next phase's development tasks.

According to Havighurst (Khairani, 2013), one of the youth's important developmental tasks is freedom from emotional dependence. Emotional freedom for adolescents is vital, as emotionally dependent adolescents encounter difficulties in adulthood. According to Gross (2007), emotional regulation involves intrinsic and extrinsic processes. The inherent process is how a person manages the emotions that arise within himself, while extrinsic processes are how one affects another's emotions. Some factors, including the family factor, can form emotional regulation. Good family relationships will positively affect youth development, such as self-adjustment, welfare, prosocial behavior, and value transmission. Rather, low-income family relationships impair behavioral problems to psychopathology in youth (Lestari, 2012).

Emotional regulatory education in the family is the intervention for knowledge in recognizing emotions, modifying negative emotions, and expressing positive emotions. The

intervention carried out in the family on practice research (Siswandi and Caninsti, 2020) has found that the role of parents in developing a child's emotional regulatory abilities can be done in three forms, that is, as a model, an educator, and creator of the emotional climate in the family. What a parent can do to develop proper emotional regulation for a child is to set a good example and more controlled emotional management. It provides proper emotional management direction and guidance and also gives emotional regulation. The last is creating an excellent emotional climate, such as creating a loving, emotional family, supporting one another, and providing opportunities for his children to voice what feels, with other words validating and facilitating a child's emotional needs.

According to Yusuf (2009), youths raised in single-parent families put themselves at greater risk of having an antisocial personality than children raised in intact families. According to Allen & Daly (2007), a father's involvement can positively affect some of the developing areas, one of which is emotional development. An infant's father's care and warmth correlate well with a teenage child's emotional maturity. This goes hand in hand with research done by Septiani & Nasution (2017), which mentions a father's involvement with the child's regulatory development of emotional regulation. Emotional regulatory skills are learned early, and the father's involvement is one of the key factors affecting the child's emotional regulation development.

Based on the background description of the above problem, it could be said that emotional regulation is essential because emotions are closely related to thought and behavior. When youth begin to plunge into social circles, youth are expected to be able to resolve the issues that arise and reflect on behaviors that conform to the norms and rules. It is still immature, and immature emotions and limitations in mastering the skills that cause the youth difficulty adjusting to the environment and can cause humility. Social difficulties are more inhibited and self-imposed and include others venting their emotions that tend to disturb others.

## **METHOD**

The study is qualitative descriptive. According to Sugiyono (2013), qualitative research methods based on the post positivism philosophy are used to research natural objects, and researchers are key instruments. Phenomenology is defined as 1) a subjective experience; 2) a study of consciousness from the subject's perspective of one (Moleong, 2009). The sampling technique used in this research was purposive sampling. Data collection in this study included

interviews and observation. Tools between them are an informed consent sheet, interview guide sheet, and observation tape recorder to record conversations as agreed.

## **RESULTS AND DISCUSSION**

The first responder is S. She was the first child of two brothers. S's mother died when she was seven years old. Now she lives with her father and one of the younger brothers. The second responder is SNA. SNA is the 12th of 12 children. SNA's mother died when she was nine years old. Since her mother died, there has been living with her father and one older brother because the other sister has a family. The third responder is CH. She was the second of two children. CH's mother died when she was five years old. CH has been living with her father and one older sister. All three responders were students from the IX grade at one of the senior high schools in Indonesia.

Situation selection includes the action of one to get the expected situation, among which is the approach or ago approach of persons or situations that generate emotional impact. Respondents with one characteristic of adolescence are transition periods from children to adults, where youth face a time of doubt about their roles and status (Hurlock, 1990). At this time, the youth find the time to determine the appropriate actions, patterns of behavior, and qualities for themselves. As seen from the observations on the first responders (S), the fathers and s interactions are still in the process of approach. Although they are somewhere in the same place, they have little time to build a close relationship between father and son.

Not much different, the second respondent (SNA) tends to play with a friend, but since he was given the responsibility of looking after his brother's child could not be done. I spend more time at home guarding the kids or cleaning the house. Through teen friendship relationships, gain much information and discover interesting values want to possess (Monks, Knoers, & Haditono, 2006). Papalia, Old, & Feldman (2009) mention that friendship groups are a source or place for learning about achieving independence and independence from parents. It is further said that the importance of these relationships causes a greater intensity of time with friends than with parents.

Adolescence has marked the age of trouble, whether a boy or a girl. The problems of adolescence are challenging times to solve. This is because, as children, most of the problems will be solved by parents or teachers. That youth needed to gain the experience to solve the problem (Hurlock, 1990).

She modified the situation to change its emotional impact (Gross, 2007). S respondents are showing a difference in emotion over the person chosen. She displays either negative or positive emotions according to her feelings at home more frequently shows negative emotions, but S's friends show positive ones. Like S, SNA respondents are also secretive and reluctant to tell what is happening. SNA prefers to write down her feelings in the diary to improve her mood if any of the other friends start a new conversation out of response but are only as limited to answering as necessary.

Likewise, the third respondent, CH, preferred to avoid crowds, talking less and pulling away from others. CH spends most of his time alone in his room. According to research by Natalia and Lestari (2015), youths with high-safety relationships can think more positively, think well, and make mature decisions to attain emotional maturity.

Attention deployment is when the individual directs his attention in a situation to govern their emotions. Adolescence is a transition from childhood to adulthood. Often adolescents find it difficult to regulate or express poorly endured emotions—neither positive emotion nor negative emotions. Based on the study's findings with all three respondents, researchers found S respondents were very secretive. Despite having close friends, she can express positive emotions when with a friend. S is reluctant to tell his family or friends.

The same is true of their respondents, who isolate themselves in a room, keep their feelings in a diary, and do not say much. Slightly different, CH's third respondent chose to engage in preferred activities as a distraction from CH's negative emotions, such as riding a bicycle in the afternoon and karaoke with his deceased mother's brother. CH is indeed a jolly child, though she is very private and prefers not to discuss anything that happens to her. Malekpour (2007) revealed that parental integrity could provide two important fundamentals for the individual: a sense of trust in his world and an ability to process emotions well.

A cognitive change is that it assesses a situation, which can change the sense that causes emotion by reshaping the way of thinking (Gross, 2007). One characteristic of unrealistic adolescence is that adolescents usually look at themselves and others the way they want them to, not just like (Hurlock, 1990). Studies have found that the respondents have yet to accept the facts thoroughly. S still compares her life with others, thinks that being someone else is more accessible, and has the luck of still having a mother. It is like SNA respondents. I was very private and only spoke what was necessary. She never told her anything about his grievance or

what made her happy. CH third was a calm child in accepting the experience. He thought little of what had happened to her, that every human should have a measure of life.

Response modulation is an individual response after experiencing an emotion (Gross, 2007). This response change is at the edge of the emotional awakening process once response trends have begun and emotions have already occurred. Individual responses after experiencing emotions can either be a negative or positive emotional response. Negative emotional responses include yelling, slamming doors, keeping quiet, or being inactive or consuming alcohol and illegal drugs—positive emotions such as smiling, laughing, exercising, leisure time, or dieting. Studies have shown that the three respondents displayed the same negative emotion of silence. All three were reluctant to tell anyone about what had happened. They chose to keep it to themselves. Father's involvement in parenting is positively linked with content live children, less depression, less emotional distress, and less negative emotional expressions like fear and guilt.

## **CONCLUSION**

Based on the study, we concluded that the emotional regulation of an adolescent with a single parent had not been formed perfectly because the research indicates that the respondents need help to handle the right emotional issues, thus having difficulty controlling and expressing them. The respondents sometimes suppress negative emotions, expressing them explosively and ignoring those around them. The responders are very private with the closest people. No one could have developed a close relationship with the father. This study's implications illustrate the importance of a father figure as a single parent to maintain a close relationship with the child. Having harmonious interactions with the child can help manage and express the existing emotions more effectively to develop optimally and become a better person with more mature emotional management.

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