Adolescent Self-Disclosure based on Parenting Style at Junior High School 33 Makassar

Nurul Fajriah Yahya, S.Psi [1], Nur Hidayati, S.Psi[2], Rizka Anzani, S.Psi[3]

[1, 2, 3]Universitas Persada Indonesia YAI, Magister Profesi Psikologi, Jl. Pangeran Diponegoro, Jakarta Pusat 10340, Indonesia

Abstract: *This study aims to determine the adolescent's self-disclosure in terms of parenting style. Measuring instruments used in this study were self-disclosure scale which is based on aspects of self-disclosure and scale patterns of parenting. This research uses random sampling techniques in the selection of subject characteristics. Subjects numbered 127 boys and girls in SMP 33 Makassar who still have both parents. Data were analyzed with ANOVA two way with SPSS for Windows 16.0. Results of the data analysis has been done hypothesis test results obtained with p = 0.346> 0.05. The hypothesis test results showed that there was no difference in self-disclosure in terms of parenting style adolescent father. While the results of data analysis has been done hypothesis test results obtained with p = 0.035 <0.05. The hypothesis test results showed that there were significant differences between self-disclosure in terms of parenting style adolescent mothers.*

Keywords: self-disclosure, adolescent, parenting style

1. Introduction

Individual life is inseparable from the interaction between individuals in the family, community, school, work friends, and other social organizations. Establish communication with individuals requiring disclosure of the self *(self-disclosure)* in order to convey and receive information. Self-disclosure aims to inform personal information to others (Bussey and Grimbeek, 2006).

Self-disclosure is one of the factors that determine success in social interactions and also needed in interpersonal relationships. Through self-disclosure, individuals can express their opinions, feelings, and aspirations, thus giving rise to a relationship that is open to other individuals. Asandi and Rosyidi (2010) suggested that an open relationship will bring positive reciprocal relationship that produces a sense of security, self-acceptance, and in greater depth can see themselves and be able to resolve the various problems of life. Johnson (Ginau, 2008) suggests that individuals who do not have the self-disclosure means that the individual is not easy to believe in others and also do not believe in yourself. If the confidence is low, then the individual is always suspicious and negative thinking to another individual. Papu (2002) suggests that individuals who do not have the self-disclosure often feel suspicious and insecure, so it does not dare to deliver a range of shocks or any emotion in him to other people, nor when the information is buried concerning matters that are not considered good to know other people. Consequently, such individuals harbored more of life issues that ultimately are often too heavy to bear alone, giving rise to various psychological and physiological problems.

Their ability to express oneself is not an ability that has been there since birth. The process of formation of self-disclosure is not free from the influence of the neighborhood, the family, especially the parents who are the first social environment known by adolescent. Hurlock (1983) suggested that parenting style strongly influence how children behave and shape of the child's personality as a whole, including in terms of adolescent self-disclosure.

Baumrind (Santrock, 2007) says there are three general types of parenting style, the democratic parenting, authoritarian parenting and permissive parenting. Every parenting produce different characteristics depending on each child. Democratic parenting produces the characteristic independent child, can control him self, have a good relationship with a friend, capable of coping with stress, have an interest in new things and cooperative towards others. Authoritarian parenting produces the characteristic timid child, quiet, closed, no initiative, fond opposed, like breaking the norms, weak personality, anxious and withdrawn. Permissive parenting will produce the characteristics of impulsive, aggressive, non-compliant, less independent, selfish, less confident and less socially mature.

Problems associated with adolescent self-disclosure is found at Junior High School 33 Makassar. From interviews with conselor teacher which was held on December 14, 2014 suggests that there is always a violation committed by a few students from the delay, untidiness in dress, skipping in certain subjects, to cases occurring *bully* fellow students. It is also due to the lack of response from parents about problems experienced by students in the school so as to make conselor teacher and homeroom difficulty in controlling pupils. This is supported by research Purbosari (2014) to 184 vocational students showed that self-disclosure to parents significantly influence the bullying behavior of vocational students. Students who have low self disclosure to parents, then their involvement in bullying behavior will be high.

In the teaching-learning process is also often encountered students are afraid or embarrassed to express their opinions directly with reason to fear any or ridiculed by classmates, especially when teachers are being asked about the new lessons are given. Besides self-disclosure problems experienced by most of the students prefer to be punished because instead of having to tell the reason for the infraction. This is supported by research conducted by Rosali (2006) revealed that there is a negative relationship between self-disclosure with interpersonal communication anxiety in early

adolescence. In early adolescence self-disclosure provide a big role around 33.5% of the interpersonal communication anxiety. The results are self-disclosure, the better the child's anxiety to interpersonal communication will be even less.

Starting from this problem, the authors conducted a study entitled "Adolescent Self Disclosure Judging from Parenting at Junior High School 33 Makassar".

Formulation of the Problem
Formulation of the problem in this research is there any difference in adolescent self-disclosure at Junior High School 33 Makassar in terms of parenting?

Research Purposes
This study aims to empirically examine differences in adolescent self-disclosure in terms of parenting.

Benefits of Research
1) **The Benefits of Theoritical**
   This study is expected to provide additional information useful in particular in the field of Social Psychology related to self-disclosure and Developmental Psychology associated with adolescent and parenting.
2) **The Practical Benefits**
   This study is expected to provide input for:
   a) Adolescent self-disclosure in order to establish good communication with other individuals.
   b) For parents to be able to choose appropriate parenting for their children.

For further research in order to make this study as a source of reference in conducting similar research.

2. Theoretical Basis

1) Self-Disclosure

a) Self-Disclosure
The term self-disclosure *(self-disclosure)* was first developed and popularized by Jourard which be interpreted as an act of both verbal and nonverbal, and reveals aspects of ourselves to others (De Vito, 1997). Self-disclosure information is conveyed either verbally or nonverbally, verbally and in writing about the uniqueness of the individual, choices are made, and or parts that can't be measured from himself, such feelings (Derlega, 1987). Papu (2002) suggested that self-disclosure the provision of information about themselves to others. Information provided may include a variety of things, such as: life experiences, feelings, emotions, opinions, and ideals.

b) Factors Affecting Self-Disclosure
Self-disclosure is one of the behaviors are interrelated and influence with other aspects of one's life. DeVito (1997) suggested several factors that affect the self-disclosure, namely:
- *Dyadic effects*
  Someone doing self disclosure when along with people doing self-disclosure anyway.
- *Magnitude group*

  Self-disclosure occurs more frequently in small groups than large groups.
- *Topics of discussion*
  Jourard (Devito, 1997) states that a person is more likely to open up on the topic of job or hobbies than about sex life or the financial situation.
- *Feeling like*
  Individuals tend to reveal themselves in individuals are preferred.
- *Sex*
  The most important factor affecting self-disclosure is gender. Generally, men are less open than women.
- *Race, nationality, and age*
  Some research suggests that certain races more often self-disclosure compared with other races.
- *Partners in a relationship*
  Self-disclosure made to individuals who are considered as being close to for example a husband or wife, close friends, parents or other members of the family.
- *Personality*
  People who are sociable and extroverted self-disclosure more than individuals with less jaunty and introverted.

With regard to the factors that influence self-disclosure, Baumrind (Searight, et al., 2006) also suggests that parenting become one of the factors that influence adolescent self-disclosure. Parents are supportive, rational, and interactive with consistent discipline (eg democratic parents) have children who have the competence and higher *self esteem.*

c) Aspects of Self-Disclosure
Disclosure of themselves in each person varies depending on its different dimensions. Wheelees (1983) suggested aspects of self-disclosure, among others:
- Amount: The quantity of self-disclosure
- Positiveness: It is positive or negative of self-disclosure.
- Accuracy / Honesty: The accuracy and honesty of individuals in expressing themselves.
- Intent: A seriousness in conducting self-disclosure.
- Depth: Individual depth disclose information about him.

2) Perception of Parenting style

a) Perceptions of Parenting
The term perception is commonly used in the study of psychology. Stenberg (2008) suggests that the perception is the process to identify, classify, and understand the stimuli received from the environment with the help of the sensory system. Perception will form a certain attitude that is likely to be stable in certain situations, including in interpreting parenting applied by parents.

Hurlock (1987) suggests that older people are an adult who brings the child to adulthood, especially in their infancy. Santrock (2007) suggested that the patterns of parenting are common dimensions such as personality traits that represent aspects of parenting behaviors that are consistent, despite the different circumstances and distinctive style when interacting with children.

b) Types of Parenting

Maccoby and Martin (Hughes, et al, 2005) suggests an important dimension of parenting that acceptance/responsiveness and demandingness/control. Acceptance/responsiveness is the extent to which parents are able to respond to, accept and support needs and activities of children. Parents give praise and express feelings of affection. The second dimension is demandingness/*control* the extent to which parents manage children's behavior by setting some rules, constraints and demands a clear, firm and consistent and establish some discipline to exercise responsibility and independence. Baumrind (Santrock, 2007) suggests three types of parenting style, that is authoritative (democratic), authoritarian and permissive.

c) Democratic parenting
Democratic parenting is parenting that prioritize the interests of the child, but do not hesitate to control the child. Parents with democratic parenting to be rational, always takes action on the ratio or thoughts. Parents of this type also be realistic about the ability of children, do not expect excessive beyond the capabilities of the child. These types of parents give the child the freedom to select and perform an action and approach to children warmly.

d) Authoritarian parenting
Authoritarian parenting is a parenting style characterized by high demands and low responsiveness. Parents with an authoritarian style have very high expectation of their children, yet provide very little in the way of feedback and nurturance. Mistakes tend to be punished harshly. When feedback does occur, it is often negative. Yelling and corporal punishment are also commonly seen in the authoritarian style.

e) Permissive parenting
Permissive parenting is a type of parenting style characterized by low demands with high responsiveness. Permissive parents tend to very loving, yet provide few guidelines and rules. These parents do not expect mature behavior from children and often seem more like a friend tha a parental figure.

3) Hypothesis
The hypothesis of the study was "There are significant differences in terms of self-disclosure adolescent parenting on the students of Junior High School 33 Makassar".

3. Method

A. Identification Variables
The independent variable is the basis of this study is parenting, while the dependent variable is self-disclosure.

B. Research subjects
Subjects consisted of 127 students who still have parents (father and mother). Subjects in choose a random way in which the subject comes from three levels of the junior high school class 1, 2, and 3. Of the three levels are selected two classes each at random.

C. Measuring instrument

1) Self-disclosure
Variable self- disclosure in this study was developed by researchers based aspects put forward by Wheeless (1986) include: intent, amount, positiveness, depth, and honesty. The scale comprises 39-item self-disclosure statement with the score Likert scale response that provides four alternative answers. In the pilot study the reliability test item analysis of the scale using Cronbach Alpha coefficients and generates a value of $r = 0.841$ with a fall of 0.3 aitem standards and produce 23 item that can be used as a research item.

2) Parenting
Variable parenting in this study was developed by researchers based aspects proposed by Baumrind which include: democratic parenting, authoritarian parenting and permissive parenting. Scale parenting comprise 39-item Likert scale with a score statement that provides four alternative response answers. In the pilot study the reliability test item analysis of the scale using Cronbach Alpha coefficients and generates a value of $r = 0.821$ for the mother's parenting scale, and $r = 0.832$ for the father's parenting scale to fall by 0.3 standard item and 23-item can produce serve as a research item.

4. Analysis Method

Data analysis methods used in testing the hypothesis is ANOVA two lanes. This method is used to find differences in adolescent self-disclosure in terms of parenting stylewith *SPSS 16 for windows.*

5. Result

Based on the hypothesis test with two way ANOVA wear SPSS 16 for windows, the value of $p = 0.346 > 0.05$ for father parenting. That means there is no difference in self-disclosure in terms of father parenting. While the results of the self-disclosure of data analysis in terms of mother parenting obtained significance value of $p = 0.035 < 0.05$ it means that there are differences in self-disclosure in terms of mothers parenting. Different test results by using post hoc test were performed in this study showed no difference between parenting self-disclosure democratic with authoritarian parenting with a value of $p = 0.110$ ($p > 0.05$). There is no difference in terms of self-disclosure between authoritarian parenting and permissive parenting where the value of $p = 0.338$ ($p > 0.05$). There are significant differences in terms of self-disclosure in terms of demoktratic and permissive parenting with a significance value of $p = 0.021 < 0.05$.

6. Discussion

Based on the results of statistical tests that have been done, it is known that there was no significant difference in terms of self-disclosure in terms of father parenting. This is because the task of the father as the head of the family is earning a living for the family to have relatively little time compared to mothers who did not work in terms of educating and caring for children directly. Andayani (Andayani & Koentjoro,

2004) suggests that fathers tend to take a distance with her son. This happens due to the fact that the father becomes the backbone of the family in terms of material.

While the results of the self-disclosure of data analysis in terms of mothers parenting showed significant results in which the value of p = 0.035 <0.05. So there are differences in self-disclosure in terms of mothers parenting. Such differences can also be seen from the empirical mean obtained in each of parenting where democratic parenting *(x* = 57.31), authoritarian parenting *(x* = 55.13) and permissive parenting *(x* = 53.25). Results of the study in accordance with the opinion of Baumbrind (Searight, et al., 2006) which suggests that parents supportive, rational, and interactive with consistent discipline led to the child have the competence and high self-disclosure.

Based on the different test results by using the Post Hoc Test have shown that there are significant differences in terms of self-disclosure between demoktratic parenting and permissive parenting with a significance value of p = 0.021 <0.05. Orphans and Irwanto (1993) suggested that the democratic parenting there exist mutual open between children and parents, the child is given the freedom to express opinions, feelings and desires as well as learn to respond to the opinions of others. Irwanto and Orphans (1993) suggested that the permissive parenting characterized by the freedom without limits for children to behave in accordance with their own desires. Parents never gave any rules or guidance to children.

There is no significant difference in terms of self-disclosure between authoritarian parenting and permissive parenting where the value of p = 0.338> 0.05. Baumrind (Hurlock, 2007) suggested that authoritarian parenting discipline rigid and hard. Parents of this type tend to coerce, command, punish, and the communication is usually unidirectional. So the authoritarian parenting will produce a characteristic of children covered, timid, silent, closed, no initiative, fond opposed, like breaking the norms, weak personality, anxious and withdrawn.

While the permissive parenting Baumrind (Searight, et al., 2006) suggested that parents are permissive shows the control deficiencies and was not involved in the child's activity. In relation to science communication, parents are permissive less good communication between children and parents because the parents have low demands to their children.

There is no significant difference between self-disclosure between democratic parenting with authoritarian parenting with a value of p = 0.110> 0.05. Searight, et al., (2006) suggested that self-disclosure is better understood through the individual's perception of cultural rules. Adolescent in particular culture openly about their experiences of alcohol and sex. On the other cultures, adolescent experience about sex is not disclosed because the information to be conveyed is considered less acceptable to others. The amount of self-disclosure different for each individual. Some people tend reveal their deepest feelings, and some prefer to keep their feelings (De Vito, 1997). Generally, entering adolescence,

people began less open to parents because the information submitted is considered less acceptable.

7. Conclusions

Based on the results of the analysis of father parenting who has done hypothesis test results obtained with p = 0.346> 0.05. The hypothesis test results showed that there was no difference in self-disclosure in terms of father parenting. While the results of the analysis of mothers parenting was p = 0.035 <0.05. The hypothesis test results showed that there were significant differences between self-disclosure in terms of mothers parenting.

8. Future Scope

Based on the research that has been described above, the researchers propose the following suggestions:
1) For adolescent, especially the subjects in this study should seek to further improve self-disclosure by improving the ability to communicate, to learn to be able to express their opinions and what they want is honest, assertive, and open to not disturb the privacy of others.
2) For parents, expected to be aware of its position as a parent so it can continue to maintain the pattern of care is considered absolutely right and maintaining open communication with adolescent is to apply democratic parenting and always invites adolescent to openly discuss so as to increase transparency self in adolescents.
3) For further research, is expected to conduct research using other variables that affect the self-disclosure as age, education, socioeconomic status, or researching a family a specifically expressing themselves about sex because it is still considered taboo by society.

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Author Profile

Nurul Fajriah Yahya received the Bachelor Degree in Psychology from Negeri Makassar University of Psychology in 2015

Nur Hidayati received the Bachelor Degree in Psychology from Islam Negeri Sultan Syarif Kasim University of Psychology in 2014

Rizka Anzani received the Bachelor Degree in Psychology from Persada Indonesia University Y.A.I of Psychology in 2015