

# The Analysis of Parental Support for Adolescent Psychological Well-being During Covid 19

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**Abstract.** Social support is one factor that affects the psychological well-being of adolescents. Social support is a feeling of comfort, attention, and respect from one individual to another. This study aims to analyze the results of parental support for adolescent psychological well-being during the pandemic. The quantitative descriptive approach used in this study with a questionnaire as a data collection method. A total of 266 participations from the population and took as a sample who filled out the google form provided. The data were analyzed using the descriptive percentage technique. The results showed parental support for the psychological well-being of an adolescent during the covid-19. Parental involvement is indispensable in making teenagers happy. This involvement becomes significant, makes teenagers feel safe, develops positive emotions, increases their life satisfaction, and feel close to their parents and much of their time with their parents; knowing parents listen to their stories is very important and makes teenagers happy. So from this research, it was necessary to increase parental support for adolescent psychological well-being.

**Keywords:** parental support, adolescents, psychological well-being

## 1 Introduction

Adolescence is a stage of development where individuals undergo a transition from childhood to adulthood. Adolescence is considered the phase of development that experiences the most crises in human life. At the beginning of this phase, the adolescent tends to be astonished at the different changes that occur in him and the impulses that accompany those changes. They begin to develop new thoughts, are quickly attracted to the opposite sex, and are easily aroused erotically. In this phase, the adolescent can not control the "ego". The intermediate phase is the next. Adolescents have a high dependence on their peers. There is a narcissistic tendency, namely, to love yourself. They are in a situation of confusion. They find it difficult to make decisions between two opposing choices, for example, crowded or alone, optimistic or sensitive or insensitive. The next phase is late adolescence. The period of consolidation towards the adult period and characterized by the achievement of five things: a steady interest in the functioning of the intellect, and the adolescent ego seeks opportunities to be with others and in new experiences. The formation of sexual identity does not change anymore. Egocentrism or over-focusing oneself is replaced by a balance between one's interests and those of others. It grew a wall of separation between the private and the general public.

Even though they are not confined, teenagers will still experience this crisis. We can imagine how complex the problems of teenagers at this time of confinement are with the new problems, coupled with the problem of dependence on the internet due to these physical and social restrictions. This crisis makes teenagers feel depressed, feel many problems in their life. His behavior becomes disorganized. They were confused by the change in him. Aggressive and touchy, easily angered. They don't know the right way to act. They feel ignored so they behave to seek attention. On the other hand they want to be noticed but their actions actually make other people shy away. Teenagers like this can not be ignored. This behavior will have an impact on bad habits, lazy to go to school, avoiding social interaction. They need resilience to cope with this complex situation. Otherwise, they may experience mental health that impacts their psychological well-being.

Well-being is a person's positive attitude towards himself and others, can make his own decisions and manage the environment according to his needs, have a purpose in life and make himself meaningful and try and explore himself [1]. Psychological well-being defined as a feeling of happiness, mental health, and individual physical feelings that can be seen from various other aspects. In line with the opinion of Ryff, this research focused on happiness. Happiness plays a vital role in adolescent development, especially about concerning to adolescent psychological development. Adolescents who get happy experiences will better assess themselves. Happiness is very important for a teenager's life. This is obtained through self-confidence that good life as a whole, in terms of physical and psychological, is obtained from positive emotions and positive activities. A according to Seligman [2], a pleasant life, a meaningful life, and self-involvement. Happiness consists of several characteristics [3]: 1) Feelings of security are one of the foundations or foundations of happiness. In life, not all individuals and guaranteed security. So, security is something important that is needed to ensure someone can feel happiness. 2) Satisfaction, the state that a person feels and is full of things he likes. 3) Optimistic, someone who is happy usually has an optimistic perspective. Optimistic people tend to be more accomplished than pessimists. Someone optimistic tends to think that achieving achievement is more accessible than someone who is pessimistic. An optimistic person tends to be able to set clear targets or life goals. Optimistic people have above-average optimism, live longer, and pursue by choosing positive thinking. So positive thinking is a happy way of thinking. 4) Being in the right place, being in the wrong and irregular place, can make the heart feel restless. On the other hand, when someone in the right place, both in terms of appearance and security, it automatically makes the individual not need to pretend to be comfortable, so things will work out just fine. 5) Harmony, harmony between thoughts, feelings, and actions wherever they are. The ability to adapt to the environment will make one a person who grows and can live in harmony with others and can give birth to harmony. 6) Having freedom, one of which is to have money. Owned money serves to make the individual feel freedom. By having money, individuals will be free from financial anxiety, free to pursue what they want, free to take risks, free from debt, and free to give to someone they want the most.

Happiness shows the positive emotions that the individual feels and any activity that the individual likes [2]. In addition, happiness is a quality of completeness of human life that improves human life to be better.[4] Happiness depends on cognitive judgments in different aspects of life, such as family, work, arrangements, and effective experiences. Happiness is influenced by eight factors, such as family.[5] Marriage, relationships, social environment, physical environment, work, and education. In contrast, which states that happiness is influenced by the following: 1) age, gender, socioeconomic and cultural status, 2) social support, 3) evaluation of life experience, 4) religiosity, and 5) Personality [2]

Parental involvement is indispensable in making teenagers happy. This involvement becomes very meaningful, makes teenagers feel safe, develops positive emotions and increases their life satisfaction, feel close to their parents, and spends much with parents; knowing parents listen to their stories is very important and makes teenagers happy. Therefore, the involvement of parents in the lives of teenagers becomes social support that will make them feel happy in their lives. Social support is one factor that affects the psychological well-being of adolescents. Social support is a feeling of comfort, attention, and respect individual from other. Nevertheless, before applying for the right support, parents already know the development of adolescents. Support in the form of parenting needs to be synchronized according to the situation and condition of the child. Support in the form of parenting needs synchronizing according to the situation and condition of the child. In addition, it is necessary to pay attention to how to communicate optimally with adolescents. The children feel clear about parental parenting. Parents can also understand the right parenting style. Is it authoritarian, democratic, or permissive?

The problems were not all adolescents as students have psychological well-being. The results of the psychological well-being assessment of most students (71.6%) have an average score. There are 13.5% in the low category, while 14.9% are in the limit. [6] The percentage of scores that are on the threshold and low need attention. Other research shows that students who are accompanied by their parents, especially when studying, have better psychological well-being. The study during Covid-19 showed that most students' emotional and mental difficulty (64.4%) was in the normal category, but 16.6% of other students were abnormal and at the limit level of 19%. This study also found the average mental and emotional difficulties according to the level of education in elementary school (11,1), Junior high school (13,54). Senior high school (14,12), Vocational high school (13,82) (Depdikbud, 2021). Suppose data is related to the 2018 primary welfare research data, the mental health of 15-year-old adolescents in Indonesia is 9.8%, then this data indicates an increase in students' mental and emotional difficulties.

This 2021 Ministry of Education and Culture research concludes that conditions of mental-emotional difficulties and psychological well-being are relatively good, and conditions are consistently more commonly found in students who receive parental assistance during the study. Schools, with the support of the education office, need to promote the psychological well-being of school residents through sustainable programs, teacher leadership, counseling guidance, and parental participation. In line with the results study by the Ministry of Education and Culture, this research was conducted on the social support during Covid-19.

The role of parents is very important in supporting their children, for example, in nurturing, caring for, maintaining, and educating children. The purpose of this parenting is to meet physical and psychological needs. In addition, support is in the form of rules made by parents as a limit for children in carrying out activities. These limits are rules that, if applied, will provide physical and emotional security. Other support when responding to speech, emotional expression, and behavior. This is intended to respect the child so that his self-confidence grows well. Some forms of parental support for children's mental and emotional conditions that are closely related to the psychological well-being of children tested in the study [7] are the behavior of parents in setting and maintaining boundaries. This behavior gives the child a sense of physical and emotional security. These limits make parents predictable and consistent, thus supporting the child's sense of security and emotions. The "3 R" theory *relates to emotionally* directing self-adjustment that calms the amygdala, can distinguish guilt from shame, and does not place feelings of anger as a reduction of respect. The second is reflex, namely parental participation in reflecting on children so that they can

accept differences. The third is the growing responsibility of parents to improve their relationship with children (*repair*). Parents will be *playful, accepting, curious, and empathetic*. Parents are fun, accepting of children unconditionally, and full of enthusiasm and empathy. This support is easier to implement when parents can focus on their children. Parents can pay attention to the child's facial expressions and hear the words and emotional atmosphere that is going on in the child.

One essential support provided by parents through parental behavior to be able to give choices back to children so that children can make decisions independently. In this case, parents need to respond positively to the child's arguments through considerations that the child can choose independently. According to theory, polyvagal occurs due to the neurosepsis process, which means one of the following three things: safe, unsafe/dangerous, or life-threatening. Decision-making is the result of unconscious mental activity. Scans and assessments performed by the autonomic nervous system, through the process of neuroception, work on habitual patterns that develop over time and are shaped through life experiences, both positive and empowering experiences. However, neurosepsis can also misjudged due to distortions caused by *trauma*, various negative emotions in oneself, the influence of drugs, physical fatigue, low blood sugar, illness, or even when the individual is in love. At this time, the individual performs an *empathy shift*, namely shifting attitudes towards the growth of self-awareness and good self-regulation. Physical and psychological parental support will create a process of growth in dimensions of psychological well-being such as self-acceptance, social relations, autonomy, decision-making, environmental mastery, goals, and self-growth.

Parental support for teenagers today is already different from the past. So to get the psychological well-being of children in the confined period and this digital era is also different. Support in the form of appropriate parenting or mentoring patterns is democratic-negotiable, permissive, and protective. Democratic assistance in negotiations is carried out by allowing adolescents to carry out their activities with negotiations. Teenagers are invited to discuss timing and encouraged to weigh the consequences of all their actions. Permissive assistance, namely, parents give freedom to carry out their activities. The role of parents is to supervise activities. Protective mentoring is mentoring that gives teenagers the opportunity to be creative according to the rules that parents have made. Parental support shown by this mentoring pattern is defined as an effort to provide comfort, attention, appreciation, or help so that the teenager perceives the teenager as having support in his life. This support will improve mental health, and give confidence, encouragement or encouragement, advice, and acceptance.

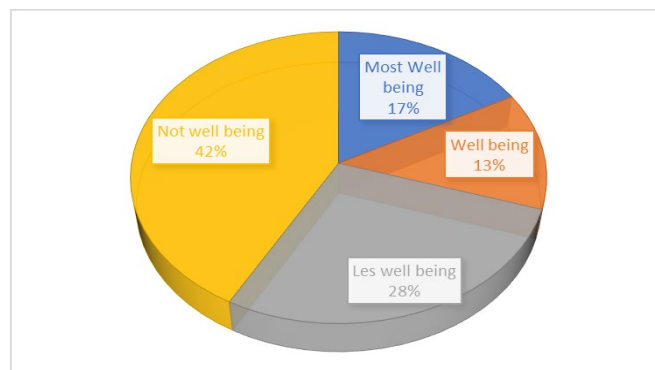
These aspects of social support include the delivery of a sense of empathy, instrumental support, working on tasks, the support of friendship, and the willingness to spend. Parental support can be expressions of empathy and care, appreciation support, and instrumental support. Support will make adolescents have mental health and become psychologically prosperous. Parents and teenagers discuss as friends with teenagers even though the final decision is in the hands of parents. If the teenager disagrees, then the parents give a good understanding so that the teenager understands the reason the parents do not approve of the teenager's wishes. Second is open communication. Parents talk to teenagers both ways. The decision is left to the teenager after making a good decision. The advantage of this communication is that it gives adolescents the opportunity to explore a variety of good ideas from adolescents. Next is protective communication. This communication goes one way. Parents only or children only. A feature is that compliance with family norms is very high.

## 2 Research Methods

The type of research used in this research is quantitative descriptive. The population was all students of SMP Siti Hajar in 2022. The sample is students who fill out the google form, as many as 266 students. The data collection technique is in the form of a questionnaire on google form. The questions consist of: 1) Feelings of security 2) Satisfaction, the state that a person has felt full of things he likes. 3) Optimistic, someone who is happy usually has an optimistic perspective. 4) Being in the right place 5) Harmony, harmony between thoughts, feelings, and actions wherever they are. 6) Having freedom. Data were analyzed by a descriptive presentation.

## 3 Result and Discussion

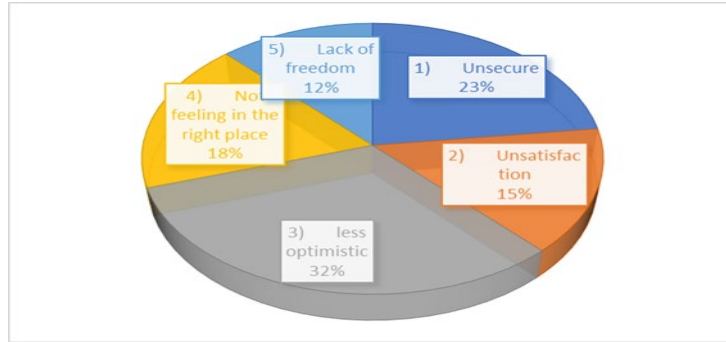
The results of the study show that the psychological well-being or happiness of students is as shown in the following chart:



**Fig 1.** The Psychological well being

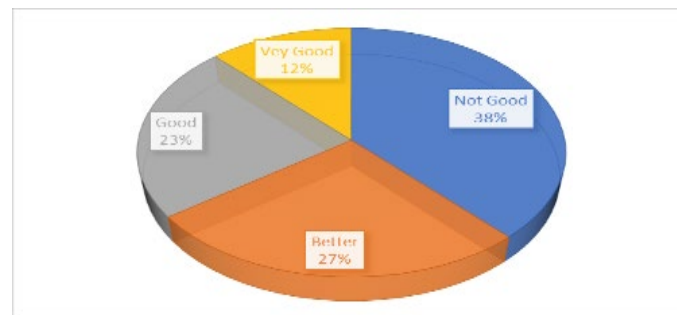
Students who experience disadvantage are around 42% while these feeling less prosperous are 28%. While the prosperous was 13% and the very prosperous 17%. Research data showed that most students experience psychological disadvantages. Their feelings were insecure. They did not feel satisfied, they were not optimistic, not being in the right place. Their thoughts, feelings, and actions did not affect them, and they did not feel freedom. This was understandable because the COVID-19 situation creates: 1) adolescents lack a sense of security. In this case, feeling safe is the foundation of happiness 2) Not feeling satisfied because they do not feel full of things they like. 3) less optimistic. Someone and happy has an optimistic outlook. Optimistic people tend to be more accomplished than pessimists. An optimistic person tends to think that achieving achievement is more accessible than someone who is pessimistic. 4) Not feeling in the right place, being in the wrong place, and being disorganized can make the heart restless. 5) Lack of Harmony, not harmony between thoughts, feelings, and actions wherever they are. As a result, they are less able to adapt to the environment, which makes them unable to grow and can live in harmony with others, and can give birth to harmony. 6) Lack of freedom, one of which is to have money. Owned money serves to make the individual feel freedom. By having money, individuals will be free from

financial anxiety, free to pursue what they want, free to take risks, free from debt, and free to give to someone they want the most. Research data showed that most students experience psychological disadvantages, as Fig2:



**Fig 2.** The condition of psychological well being

It was understood that they might experience mental health that impacts their psychological well-being. The students did not feel not well-being. So they did not have a positive attitude toward themselves and others. It can not make its decisions and does not manage the environment according to its needs. They do not have a purpose in life and make themselves meaningful and try and explore themselves. Psychological well-being defined as a feeling of happiness, mental health, and individual physical feelings that can be seen from various other aspects. They did not look happy. It could not plays a vital role in their development. Adolescents did not get happy experiences that made them better assess themselves. Happiness is esential for a teenager's life. This is obtained through self-confidence that good life as a whole, in terms of physical and psychological, is obtained from positive emotions and positive activities as well. There are three aspects of happiness, a pleasant life, a meaningful life, and self-involvement. The adolescent did not get them during covid 19.



**Fig 3.** The Parental Support

The results showed that parental support was in the not good category around 38%, better at 27%, good at 23%, and very good at 12%. During Covid-19, it is likely that many parents were not able to support their children so that their children feel not prosperous. Like children who are less happy or less prosperous, parents need support for the child's mental and emotional conditions, which are closely related to the psychological well-being of the

children. Parents need to develop their parenting skills, such as maintaining boundaries. These limits make parents predictable and consistent, thus supporting the child's sense of security and emotions. This situation in confinement made the parent could not *relate to emotionally that* directing self-adjustment calms the amygdala, could not distinguish feelings of guilt from feelings of shame and does not place feelings of anger as a reduction of respect. Parents did not participate in reflecting on their children, so they could not accept differences. Parent did not grow their responsibility to improve their relationship with their children (*repair*). As a result, all of these parents could not be PACE (*playfulness, acceptance, curiosity, and empathy*). Parents did not have fun, did not accept children unconditionally, and did not full of enthusiasm and empathy.

The parent should understand that their support to their teenagers needs to be different from usual. They have to do a democratic-negotiable model. Democratic assistance in negotiations is carried out by allowing adolescents to carry out their activities with negotiations. Teenagers are invited to discuss timing and encouraged to weigh the consequences of all their actions. Parents also could use permissive assistance, parents give freedom to carry out their activities. The role of parents is to supervise activities. Parent could use protective mentoring. Mentoring gives teenagers the opportunity to be creative according to the rules that have been made by parents. Parental support shown by this mentoring pattern is defined as an effort to provide a sense of comfort, attention, appreciation, or help so that the teenager perceives the teenager as having support in his life. This support will be able to improve mental health and give confidence, encouragement or encouragement, advice, and acceptance.

These aspects of social support include the delivery of a sense of empathy, instrumental support, working on tasks, the support of friendship, and the willingness to spend. Parental support can be expressions of empathy and care, appreciation support, and instrumental support. Support will make adolescents have mental health and become psychologically prosperous. Parents and teenagers discuss as friends with teenagers even though the final decision is in the hands of parents. If the teenager disagrees, then the parents give a good understanding so that the teenager understands the reason the parents do not approve of the teenager's wishes. The second is open communication. Parents talk to teenagers both ways. The decision is left to the teenager after making a good decision. The advantage of this communication is that it allows adolescents the opportunity to explore a variety of good ideas from adolescents. Next is protective communication. This communication goes one way. Parents only or children only. A feature is that compliance with family norms is very high.

#### **4 Conclusion**

The condition of teenagers during covid 19 is not good. They experience many significant changes so that many of them experience pressure in their lives. They get stressed. The phase of their development in the midst of a crisis makes this situation even worse. They behave unreasonably and sometimes get involved in criminal acts. The role of parents is very important in supporting their children, for example, in nurturing, caring for, maintaining, and educating children. The purpose of this parenting is to meet physical and psychological needs. In addition, support is in the form of rules made by parents as a limit for children in carrying out activities. The parent should understand that their support to their teenagers needs to be different from usual. They have to do a difrent style democratic or protector or laissez faire .

Supporting adolescent psychological well-being during a pandemic requires parenting skills for parents so that they become PACE (*playfulness, acceptance, curiosity, and empathy*). Parents are fun, accepting adolescents unconditionally, and full of enthusiasm and empathy. With this ability, an adolescent will be able to develop psychological well-being in themselves or happiness in themselves, feel safe, be optimistic, feel satisfied and harmonious, be in the right place and have freedom. Parental support can be expressions of empathy and care, appreciation support, and instrumental support. Support will make adolescents have mental health and become psychologically prosperous. Parents and teenagers discuss as friends with teenagers even though the final decision is in the hands of parents. If the teenager disagrees, then the parents give a good understanding so that the teenager understands the reason the parents do not approve of the teenager's wishes. The second is open communication. Parents talk to teenagers both ways. The decision is left to the teenager after making a good decision. The advantage of this communication is that it allows adolescents the opportunity to explore a variety of good ideas from adolescents. Next is protective communication. This communication goes one way. Parents only or children only. A feature is that compliance with family norms. Social support could be as parental involvement. These were indispensable in making teenagers happy. This involvement becomes something very meaningful, makes teenagers feel safe, develops positive emotions and increases their life satisfaction, feel close to their parents, and spends a lot of time with parents. Knowing parents listen to their stories is very important and makes teenagers happy. Therefore, the involvement of parents in the lives of teenagers becomes social support that will make them feel happy.

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