

## The Relationship Between Toxic Parenting And Emotional Behavior of Adolescent Children in Class XI at SMAN 1 Merapi Barat

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### ABSTRACT

*Adolescence is a period of child development towards the adult phase where emotional behavior is still changing and a period of self-discovery. At this time adolescents must be able to control emotions and get good parenting support. The purpose of the study was to explain empirically and theoretically the relationship between toxic parenting and the emotional behavior of adolescents in class XI at SMAN 1 Merapi Barat. Researchers used quantitative methods with simple random sampling techniques with a sample population of 119 with an age range of 16-18 years. Data analysis was carried out using statistical tests, the measuring instruments used were the emotional behavior scale and the toxic parenting scale. The results showed that there is a very significant relationship between toxic parenting and emotional behavior of adolescent children with a correlation value of  $R = 0.759$  with a  $R$ square value =  $0.576$   $P = 0.000$  ( $P < 0.01$ ). The amount of effective contribution given by the toxic parenting variable to emotional behavior is  $R^2 = 0.576$  (57.6%). So there are still 42.4% of the influence of other factors related to emotional behavior.*

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### KEYWORDS

Toxic Parenting; Behavior; Emotional Behavior; Emotions; Adolescents; Parentin.

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### 1. Introduction

Twenty percent of the world's population consists of teenagers, and eighty percent of them live in developing countries. According to data from the Central Bureau of Statistics (BPS) estimates that there will be 64.16 million adolescents in Indonesia in 2023, which is equivalent to 23.18% of the total population in the country. With an age range of 10-18 years but researchers only take the age range of adolescents in class XI at SMA N 1 Merapi Barat, namely 16-18 years. Which is included in the late adolescence period. Hurlock in (Shiphy, 2020) adolescents at this age want to present themselves, are idealistic, have high ideals, great enthusiasm and energy, establish self-identity, and want to avoid emotional dependence.

According to Jesild in (Hutajulu, 2020) adolescents emphasize the importance of what they feel. This proves that the development of emotional behavior is more influential on the concept of adolescence itself. Emotional behavior according to Goleman in (Chairunnisa, 2021) includes the way a person expresses and regulates their emotions, such as happy, sad, angry, afraid and so on.

According to Wiguna (Devita, 2020), emotional behavior in adolescents is influenced by the interaction between risk factors and protective factors. Risk factors are 1) individual factors, 2) family, 3) school, 4) life events and, 5) social factors. In addition, there are protective factors, namely: 1) positive character / character, 2) supportive environment, 3) social environment that functions as a support system to strengthen adolescents' self-adjustment efforts, 4) good social skills, 5) and a good intellectual level.

From these factors it can be seen that emotional behavior (Sarasati et al, 2021; Suma et al., 2024; Jumriati et al., 2020) is an ability to recognize the feelings of oneself and others, the ability to manage emotions well in oneself and others. Then according to another opinion from Goleman (Hamdanah, 2022) emotional behavior, one of the factors that influence it is changes in patterns of interaction with parents, namely unhealthy parenting or toxic parenting.

Toxic parenting is parents who do not respect and treat children poorly as individuals. Toxic parents are also reluctant to compromise, take responsibility, or apologize to their children. This is often done by parents who have mental disorders or are addicts. This situation creates an unmanly environment for children, be it in the form of emotional violence, sexual violence, physical violence or neglect (Nikmatus et al., 2023; Junaid et al., 2024; Youngsun et al.,

2024). Toxic parents are parents who do not respect and treat their children individually. Bad parents are also unwilling to compromise, take responsibility, or apologize to their children. Parents who have mental disorders or addicts often do this. In the form of physical violence, emotional violence, sexual violence, or neglect, this situation creates an unsafe environment for children (Nikmatus, 2023; Lanta et al., 2022; Suma et al., 2022; Yaumi et al., 2023).

The purpose of this study is to explain empirically and theoretically the relationship between toxic parenting and the emotional behavior of adolescent children in class XI at SMA N 1 Merapi Barat.

## 2. Methodology

This research is a quantitative type. Data collection uses emotional behavior and toxic parenting scales. This study used simple regression analysis to analyze the data. This study involved 119 adolescents in class XI at SMA N 1 Merapi Barat.

**Table 1. Total population and sample**

| No. | Gender | Age Range       | Population | Sample |
|-----|--------|-----------------|------------|--------|
| 1.  | Male   | 16-18 Years Old | 84         | 59     |
| 2.  | Female | 16-18 Years Old | 86         | 60     |
|     | Total  |                 | 170        | 119    |

The scale used in this study is a Likert scale using behavioral scale statements and attitude scales (Sugiyono, 2017). This scale consists of two types of statements, namely favorable and unfavorable and analyzes data using SPSS Version 20. This scale was developed based on variable aspects of emotional behavior in accordance with the theory put forward by Goleman (Chairunnisa, 2021). The emotional behavior scale consists of 72 statements based on aspect indicators which are divided into 36 favorable and 36 unfavorable items. In addition, this scale was developed based on aspects of the toxic parenting variable following Dunham & Dermer's theory (Suprobo, 2023). The toxic parenting support scale consists of 60 statements based on indicators of aspects which are divided into 30 favorable and 30 unfavorable items. Before this research was conducted, the scale was tested for validity and reliability. After that, the assumption/prerequisite test consisting of normality test and hypothesis testing with simple regression analysis technique.

## 3. Result and Discussions

### 3.1 Result

Before testing the hypothesis that has been formulated, it is necessary to carry out several assumption tests as a prerequisite (Latipah, 2014). The purpose of conducting an assumption test is so that decisions are made based on the results of analysis, validity and reliability (Heffen, 2020) in this study the assumption test consists of two tests, namely the normality test and linearity test.

#### a. Normality

The normality test is carried out to determine the normality of the distribution data in the research data, where it is a requirement to carry out that the data is normal if the data value is more than the specified significant rate, namely  $p > 0.05$  with the Kolmogrov Smirnov test.

**Table 2. Normality Test**

| Variabel           | KS-Z  | P     | Description |
|--------------------|-------|-------|-------------|
| Emosional Behavior | 0,774 | 0,587 | Normal      |
| Toxic Parenting    | 0,990 | 0,281 | Normal      |

Based on the table above, that the results of the two data obtained through the normality test with measuring instruments are normally distributed with the research p-value shows that emotional behavior  $p = 0.587$  ( $p > 0.05$ ) with KS-Z 0.990. Therefore, if  $p > 0.05$ .

b. Linearity

The linearity test is a test conducted to determine the relationship between the dependent variable Toxic parenting with the independent variable emotional behavior the rule used is  $p < 0.05$  then the relationship between the two variables is linear and vice versa.

**Table 3. Linearity Test**

| Variabel                                       | F       | P     | Description |
|--|---------|-------|-------------|
| Toxic Parenting (Y) and Emosional Behavior (X) | 159.107 | 0.000 | Linier      |

Based on table above, the F value is a coefficient that shows the relationship between the independent variable and the dependent variable with  $F = 159.107$  and  $P = 0.000$ . The F value is a value that shows how linear the two variables are and the table shows  $P = 0.000 < 0.05$ , so it is concluded that there is a linear relationship between toxic parenting and emotional behavior.

c. Hypothesis

The data analysis method used to test the hypothesis is to use simple regression analysis using SPSS Version 20.0 for windows. The hypothesis in this study is that there is a very significant relationship between toxic parenting and the emotional behavior of grade XI teenagers at SMA N 1 Merapi Barat. With the results can be seen in this table:

**Table 4. Hypothesis Test**

| Variabel                                       | R     | R2    | P     | Description        |
|--|-------|-------|-------|--------------------|
| Toxic Parenting (X) and Emosional Behavior (Y) | 0.759 | 0.576 | 0.000 | Highly Significant |

The toxic parenting variable has a practical contribution of  $R^2 = 0.576$  (57.6%) to emotional behavior. As a result, there is still 42.4% influence from additional components related to emotional behavior that have not been studied by researchers.

**3.2 Discussion**

Based on the results of statistical calculations that have been carried out using a simple regression correlation hypothesis test where the results of the calculation of the hypothesis that have been proposed, based on the results of the analysis of existing data show that there is a very significant relationship between toxic parenting and the emotional behavior of adolescents in grade XI at SMA N 1 West Merapi., the results can be seen from the point  $R^2$  or  $R^2$ square 0.576 or 57.6%. Based on the results of the donation, it shows that toxic parenting has an influence on the emotional behavior of adolescents in Kelals XI at SMA N 1 West Merapi. Another factor of 42.4% was related to emotional behavior but was not studied by researchers. According to Goleman (Hamdanah, 2022), other factors are in the form of physical change factors, changes in peer interaction, changes in external views, and changes in interaction with schools.

This contribution is strengthened through the matching of the theories used with the variables of toxic parenting (free variables) and emotional behaviors (terikalt variables) in this study as well as diction on the distribution of toxic parenting scales in the Contemptuous parents category with the highest value indicators, namely criticizing and dropping children's emotions and always blaming children. It can be seen in the statement, namely "comparing the achievement of children with others and bringing up past mistakes". It is explained that there are various types of parental care for children that can be done such as authoritarian, democratic, and permissive. But in reality, many parents forget and neglect so that they do the wrong parenting pattern. For example, parents who are still rude or arbitrary towards their children, both physically and verbally, blame their children, criticize and be selfish for the sake of their children (Rianti, 2022). According to Pollard (Noval & Sari, 2021) explained that negative communication from parents can damage children's confidence. Derogatory and comparative words can make children feel unappreciated. And it can unknowingly lead to bad emotional behavior changes in adolescents.

It is important for parents to understand that positive and supportive parenting can help children grow into confident individuals and be able to face life's challenges (Fitriyani, 2019). According to Skinner (Maharani et al., 2022),

positive parenting is a warm parenting style that is related to meeting the needs of children with caring full of affection, and providing adequate support will make them accepted and appreciated.

Based on the explanation above, in relation to the opinion of Goleman (1995), it is explained that emotional behavior develops through social interaction and observation from parents who cannot show the reaction of reverse emotional behavior, such as how to manage emotions, and communicate effectively. Toxic parenting, such as emotional neglect or extreme emotional responses, can affect children in regulating their emotions (Kartikasari, 2023). Then the consequences of this detrimental parenting or toxic parenting can result in low emotional behavior, unhealthy emotional expression, and difficulties in building healthy relationships in the future (Muniroh & Siregar, 2024).

Then this explanation is supported by the results of previous research from Chairunnisa (2021) which explains the influence between toxic parenting and early childhood emotional behavior. Parenting greatly affects the development of children, one of which is the development of emotional behavior. Toxic parenting certainly also has an influence on children's emotional behavior. Children who develop in a state of toxic parenting will have an impact on their future such as lack of confidence, easy fear, and others. Therefore, applying parenting to alnalks must be thought about and prepared carefully and deeply.

These results are also supported by previous research conducted by (Basuni, 2021) with the title "The Relationship of Parenting Patterns to Emotional Behavior" explaining that there are several implications for guidance and counseling service programs. In this study, the researcher chose the implication in the form of a social personal guidance program that is made according to the needs of grade VII students of SMP N 1 Serang City, especially in an effort to improve the management of adolescent emotional behavior. The strategy used by the researcher is to use classical guidance services, group guidance, group counseling, and individual counseling.

#### **4. Conclusion**

According to the analysis and discussion of "The relationship between toxic parenting and the emotional behavior of adolescent children in class XI at SMA N 1 Merapi Barat" it can be concluded that there are very significant results regarding the relationship between toxic parenting and the emotional behavior of adolescent children in class XI at SMA N 1 Merapi Barat. This shows that the more toxic parenting the more it affects the emotional behavior of teenagers. The results of this study are in line with the hypothesis that researchers apply. Future research efforts in the field of psychology should consider expanding the scope of research beyond this single setting and investigate other factors that play a role in determining toxic parenting. By expanding the scope of the investigation, gaining a more comprehensive understanding of how different variables interact to influence the toxic parenting population should be seen from the interview results of both the adolescent and the parents in understanding the child's emotional behavior.

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