

Authoritarian Parenting and Self-Concept With Emotional Maturity on Students at SMA

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ABSTRACT

Adolescence is considered an emotionally difficult time. This is because teenagers who ignore many stimuli can cause emotional outbursts. Adolescents with mature emotions give a stable emotional reaction, not changing from one feeling or mood to another. Emotional maturity in adolescents is necessary to get parental attention, especially what happens in adolescents. This study examines the relationship between authoritarian parenting and self-concept of passionate matmaterial students SMA Negeri 4 Tanjungpinang. The method used in this study is quantitative. The variables in the study were measured using the emotional maturity scale, authoritarian parenting scale, and self-concept. The population in the study were students of class XI at SMA Negeri 4 Tanjungpinang. The sample of this study was 82 students at SMA Negeri 4 Tanjungpinang obtained through a simple random sampling technique. The data analysis used in this study is multiple regression analysis with the help of SPSS version 22.0 for Windows. The result of data analysis showed: (1) there is a very significant relationship between authoritarian parenting and self-concept with emotional maturity in students, (2) there is a very substantial negative relationship between authoritative parenting and emotional maturity in students, (3) there is a very substantial positive relationship between self-concept and emotional maturity on students. This study concludes that there is a relationship between authoritarian parenting and self-concept and emotional maturity in students.

Keywords: Authoritarian parenting, Emotional maturity, Self-concept

ABSTRAK

Pola Asuh Otoriter dan Konsep Diri Dengan Kematangan Emosi Siswa SMA

Masa remaja dianggap sebagai masa sulit secara emosional. Hal ini dikarenakan remaja yang mengabaikan banyak rangsangan dapat menimbulkan ledakan emosi, kemudian remaja yang emosinya matang memberi reaksi emosional yang stabil, tidak berubah-ubah dari satu emosi atau suasana hati ke suasana hati yang lain. Kematangan emosi pada remaja menjadi penting untuk mendapat perhatian orangtua terutama yang terjadi pada remaja. Penelitian ini bertujuan untuk menguji hubungan antara pola asuh otoriter dan konsep diri dengan kematangan emosi siswa SMA Negeri 4 Tanjungpinang. Metode penelitian menggunakan metode kuantitatif, alat pengumpul data yaitu skala pola asuh otoriter, konsep diri dan kematangan emosi. Populasi dalam penelitian ini adalah siswa-siswi kelas XI SMA Negeri 4 Tanjungpinang. Sampel yang digunakan sebanyak 82 siswa dengan menggunakan cluster random sampling. Analisis data menggunakan analisis regresi berganda. Keseluruhan komputasi data penelitian menggunakan bantuan program SPSS 22.0 for windows. Hasil penelitian menunjukkan bahwa: (1) ada hubungan yang sangat signifikan antara pola asuh otoriter dan konsep diri dengan kematangan emosi, (2) ada hubungan negatif yang sangat signifikan antara pola asuh otoriter dengan kematangan emosi, (3) ada hubungan positif yang sangat signifikan antara konsep diri dengan kematangan emosi. Penelitian ini menyimpulkan bahwa pola asuh otoriter dan konsep diri memiliki hubungan dengan kematangan emosi pada murid.

Kata kunci: Kematangan emosi, konsep diri, pola asuh otoriter

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INTRODUCTION

Adolescence is a transitional period between childhood and adulthood which includes changes in biological, cognitive, and social-emotional [1]. Adolescence is also a period of transition, one of which is heightened emotions whose intensity depends on the level of physical and psychological changes that occur because emotional changes usually occur more quickly in early adolescence, so heightened emotions are more prominent in the early period of late adolescence [2]. At this time, access to appropriate opportunities and long-term support from adults who love them are needed [1].

Adolescence is considered an emotionally tricky period [3]. The existence of storms and pressure in this period decreases towards the end of early adolescence [4]. Teenagers will often sulk and do not know how to express their emotions because they use a defense mechanism by transferring their emotions to others [1]. The emotional upheaval in adolescents is inseparable from various influences, such as their environment, family, school, peers, and daily activities [5].

Quoted from the online media portal Tribun Batam [6], there is a phenomenon of emotional maturity, namely fights between public high schools and other school students in Tanjungpinang caused by a high school student hitting a high school colleague's motorbike, resulting in a fight. In this case, emotional maturity becomes essential in individual development so that they can express their feelings without being explosive.

Based on the problems above, the researchers also conducted interviews on May 27, 2021, with 82 class XI students at SMA Negeri 4 Tanjungpinang showing that there was a phenomenon that described emotional maturity experienced by five respondents. From the results of interviews conducted by researchers, it was found that students often received

harsh words issued by their friends through conversations via WhatsApp groups and when meeting in person in extracurricular activities. Students also experience disagreements verbally for no reason when students feel cynically seen, resulting in these disputes. In addition, some students are asked to do their schoolwork; in this case, students have not been able to take responsibility for themselves by finding ways to complete these assignments. However, other students also have emotional maturity; students do not mind helping friends who struggle with schoolwork. From the exposure that has been explained regarding emotional maturity in adolescents, it is vital to get attention, primarily on what occurs in adolescence. This indicates that there is a phenomenon of class XI students who still do not have emotional maturity.

Emotional maturity is a condition of achieving development in individuals where individuals can direct and control strong emotions so that they can be accepted by themselves and others [7]. Adolescents who ignore many stimuli can cause emotional outbursts, then emotionally mature adolescents give stable emotional reactions, not changing from one emotion or mood to another [2].

The impact of low emotional maturity is that if it has not been reached, adolescents are most likely unable to control their emotions effectively, ultimately hindering their social relationships with other people [8]. Adolescents who express their emotions explosively and lack stable emotions are feared to cause conflict to themselves and those around them [9]. This is supported by the results of research conducted by Fellasari and Lestari [10], showing a negative relationship between authoritarian parenting and emotional maturity in adolescents at SMA Negeri 2 Tambang, Kampar Regency.

Factors influencing emotional maturity are parenting styles, traumatic experiences, temperament, gender, and age [9]. Factors that affect the emotional maturity of adolescents, namely parenting, as an external factor where the place of life includes the family and community environments [11]. Parenting in the family has a vital role in the development of adolescents, one of which is emotion [5]. Authoritarian parenting in this study emphasizes the parenting style given by both parents, namely the mother or father. According to Baumrind [12], authoritarian or authoritarian parenting is a restrictive and punitive style that urges adolescents to follow their parents' instructions. This parenting style imposes strict limits and controls on adolescents and does little verbal communication [1]. This is

supported by the results of research conducted by Fellasari and Lestari [10], showing a negative relationship between authoritarian parenting and emotional maturity in adolescents at SMA Negeri 2 Tambang, Kampar Regency. The results of this study are that the higher the authoritarian parenting style, the lower the emotional maturity of adolescents.

Another factor that influences emotional maturity is self-concept which is an internal factor, the existence of perceptions that mean something can also cause emotional turmoil in individuals. According to Fitts, et al. [13], self-concept is an essential aspect of a person as a frame of reference in interacting with his environment. Self-concept also has a strong influence on a person's behavior. When an individual perceives himself, interacts and reacts to himself, and gives meaning and abstract judgments, it shows self-awareness and the ability to get out of himself as the outside world does. This is in line with research conducted by Tirta and Selviana [14], showing that there is a positive relationship between self-concept and emotional maturity in young women at SMA Negeri X in Tangerang, meaning that the better the self-concept that young women have for themselves, then the emotional maturity that is owned is also good. A positive self-concept can make adolescents more emotionally mature [14]. Based on the explanation that has been explained regarding emotional maturity in adolescents, it is vital to get attention, especially what happens in adolescence. Therefore, researchers are interested in examining the relationship between authoritarian parenting and self-concept with emotional maturity in adolescents at SMAN 4 Tanjungpinang.

RESEARCH METHOD

The method used in this study uses quantitative methods. The population in this study were students of class XI SMA Negeri 4 Tanjungpinang. The sampling technique used in this research is the cluster random sampling technique. The sample used was 82 students of class XI SMA Negeri 4 Tanjungpinang.

The data collection tool used in this study uses the Likert model scale. The measurement of this research variable is three scales, namely the emotional maturity scale by Murray [7], with the Alpha reliability coefficient in this study $r_{tt} = 0.85$. The self-concept scale of Tennessee Self-Concept Scale (TSCS) was developed by Fitts, et al. [13], with an Alpha reliability coefficient in this study of $r_{tt}=0.74$ and a scale of authoritarian parenting by Baumrind [12] with an Alpha reliability coefficient of $r_{tt}=0.85$. The researchers

themselves made the three scales.

The data analysis technique used in this study is multiple regression analysis. Multiple regression analysis aimed to determine the effect of authoritarian parenting and self-concept on students' emotional maturity. Before analysis using multiple regression analysis, assumption tests were first carried out, including normality tests, linearity tests with categorization, and multicollinearity tests.

RESULTS AND DISCUSSION

Results

Based on the results of the normality test, it can be seen that the emotional maturity variable has $p=0.844$ ($p>0.05$), the authoritarian parenting variable is $p=0.336$ ($p>0.05$), and the self-concept variable has $p=0.888$ ($p>0, 05$). Thus, based on the normality test results, it can be concluded that each research variable has a customarily distributed distribution of data.

The results of the linearity test between the variables of emotional maturity and authoritarian parenting showed a Flinearity value of 34.678 with a significance level of p (linearity) of 0.000 ($p < 0.05$), which means that the data is linear. The results of the linearity test between the variables of emotional maturity and self-concept show a Flinearity value of 68.133 with a p (linearity) significance level of 0.358 ($p < 0.05$). So it can be concluded that the data is linear because it fulfills both linearity requirements. Furthermore, the results of the multicollinearity test between authoritarian parenting and self-concept variables show a VIF value of 1.569 (< 10) and a tolerance value of 0.637 (> 0.1). So it can be concluded that the data above is free from multicollinear interference because it meets the tolerance value rules (> 0.1) and VIF values (< 10).

Based on the results of multiple regression analysis or two predictors, this study has three hypotheses. The first hypothesis obtained is the proof of the proposed central hypothesis. That there is a very significant relationship between authoritarian parenting and self-concept with the emotional maturity of SMA Negeri 4 Tanjungpinang students with a regression coefficient of $R=0.639$ and a significance level (p) = 0.000 ($p < 0.01$), this certainly proves that the hypothesis major submitted by the researcher is accepted. These two independent variables together effectively contribute 40.9% to the emotional maturity variable of SMA Negeri 4 Tanjungpinang students. The results of minor hypothesis testing can be seen in table 1.

Table 1 Major Hypothesis Test Results

<i>Variable</i>	<i>R</i>	<i>p</i>
Authoritarian parenting and self-concept on emotional maturity	0.639	0.000

The results of the minor hypothesis test show that the sig. (p) for authoritarian parenting is 0.000 with a zero-order value of -0.542. Data is said to have a very significant relationship if $p < 0.01$ means there is a very significant relationship, and if $p > 0.05$, then there is no relationship between the variables. So, it can be concluded that there is a very significant negative relationship between authoritarian parenting style and the emotional maturity of SMA Negeri 4 Tanjungpinang students, with a significance value of 0.000 or (p) < 0.01 . This means that the higher the authoritarian parenting style, the lower the emotional maturity, and vice versa. The analysis shows that the first minor hypothesis of the proposed research can be accepted. The table above also provides an overview of the relationship between self-concept variables and the emotional maturity of SMA Negeri 4 Tanjungpinang students. It is known that the value of sig. (p) for self-concept is 0.000, and the zero-order value is 0.597. So, it can be concluded that there is a very significant positive relationship between self-concept and the emotional maturity of Tanjungpinang 4 Public High School students due to a significance value of 0.000 or (p) < 0.01 . This means that the higher the student's self-concept, the higher the emotional maturity, and vice versa. The analysis shows that the second minor hypothesis of the proposed research can be accepted. The results of the minor hypothesis test can be seen in table 2.

Table 2 Minor Hypothesis Test Results

<i>Variable</i>	<i>r_{xy}</i>	<i>p</i>
Authoritarian parenting pattern on emotional maturity	-0.541	0.000
Self-concept of emotional maturity	0.597	0.000

This study's categorization was based on a hypothetical score and can be seen in table 3.

Table 3 Categorization of Authoritarian Parenting, Self-Concept, Emotional Maturity

<i>Category</i>	<i>Authoritarian</i>	<i>Parenting Self</i>	<i>Concept Emotional Maturity</i>
Tall	1%	41%	17%
Currently	40%	41%	65%
Low	41%	0%	0%

Categorization based on the hypothetical mean shows that most research samples have authoritarian parenting styles, self-concept, and emotional maturity in the moderate category. The study results show a very significant relationship between authoritarian parenting and self-concept with the emotional maturity of students at SMA Negeri 4 Tanjungpinang. That is, authoritarian parenting and self-concept together influence emotional maturity.

The second result obtained from this study is the proof of the first minor hypothesis. This study concludes a very significant negative relationship between authoritarian parenting and the emotional maturity of SMA Negeri 4 Tanjungpinang students. This means that when the authoritarian parenting style is higher, the emotional maturity of adolescents will be lower. It is known that the authoritarian parenting style effectively contributes 15.42% to the emotional maturity of Tanjungpinang 4 Public High School Students.

Discussion

Authoritarian parenting style is a limiting and punitive style that urges adolescents to follow parental instructions. This parenting style imposes strict limits and controls on adolescents and lacks verbal communication [12].

Adolescents with high authoritarian parenting styles will have low emotional maturity because they often build feelings of unhappiness, fear, inferiority, comparing themselves to others, and weak communication [12]. These results align with research conducted by Fellasari and Lestari [10], which concluded that authoritarian parenting has a negative relationship with emotional maturity. Other research that aligns with the first minor conclusion is conducted by Silitonga, Josua, and Elvinawanty [15], which concluded a negative relationship between authoritarian parenting and emotional maturity. This means that when the authoritarian parenting style is higher, the emotional maturity of the students will be lower.

Factors influencing emotional maturity are parenting styles, traumatic experiences, temperament, gender, and age [9]. In this study, the factors that are thought to influence

emotional maturity are parenting styles and self-concept. The parenting style in which parents treat their children will permanently affect the child's life in this study, namely the parenting style of authoritarian parents. This is supported by the results of research conducted by Fellasari and Lestari [10], showing a negative relationship between authoritarian parenting and emotional maturity in adolescents at SMA Negeri 2 Tambang, Kampar Regency. The results of this study are that the higher the authoritarian parenting style, the lower the emotional maturity of adolescents at SMA Negeri 2 Tambang, Kampar Regency. Parents who apply authoritarian or authoritarian parenting styles will have teenagers who are less able to control their emotions.

The result of the second minor hypothesis is a significant positive relationship between self-concept and the emotional maturity of SMA Negeri 4 Tanjungpinang students. It is known that self-concept effectively contributes 25.43% to the emotional maturity of SMA Negeri 4 Tanjungpinang students. Fitts, et al. [13], said that when individuals perceive themselves, interact, and react to themselves, giving abstract meanings and judgments about themselves means showing self-awareness.

According to Fitts, et al. [13], self-concept is an essential aspect of a person as a frame of reference in interacting with his environment. Self-concept also has a strong influence on a person's behavior. In this case, authoritarian parenting is an external factor, and self-concept is an internal factor of emotional maturity in adolescents. In addition, a positive self-concept can make adolescents more emotionally mature [14].

Another factor that is thought to influence emotional maturity is self-concept which is an internal factor in this study, the existence of perceptions that mean something can also cause emotional turmoil in individuals. This is supported by the results of research conducted by Tirta and Selviana [14], showing a positive relationship between self-concept and emotional maturity in young women at SMA Negeri X in Tangerang. The results of this study are that the better the self-concept young women have for themselves, the better their emotional maturity. [14]. In this case, authoritarian parenting is an external factor, and self-concept is an internal factor of emotional maturity in adolescents.

Based on the results of the categorization of emotional maturity variables from 80 research samples, it was found that 65% showed the emotional maturity of students at SMA Negeri 4 Tanjungpinang in the moderate category. Based on the results of this study, it can be said that some research subjects have authoritarian parenting styles, which shows that

subjects with authoritarian parenting are sufficient to get affection by involving parents in warmth and feelings and giving praise and appreciation.

Categorizing self-concept variables revealed that most research subjects had a positive self-concept in the medium category. The results of this study explain that, in general, the research subjects have a good self-concept in dealing with existing problems; adolescents will evaluate something and then determine what action to take and how far they accept themselves. So, it can be said that the research subject has enough positive self to overcome his emotional tension when something or something that happens is not according to his wishes, so he is not easily discouraged and confident in his abilities and overcome problems.

CONCLUSION

Based on the results of the research that has been done, it can be concluded that there is a very significant relationship between authoritarian parenting and self-concept with the emotional maturity of SMA Negeri 4 Tanjungpinang students. Authoritarian parenting style has a very significant negative relationship with the emotional maturity of SMA Negeri 4 Tanjungpinang students. The higher the authoritarian parenting style, the lower the emotional maturity. Conversely, the lower the authoritarian parenting style, the higher the emotional maturity. Self-concept also shows a very significant positive relationship between self-concept and emotional maturity. That is, the higher the self-concept, the higher the emotional maturity. Conversely, the lower the self-concept, the lower the emotional maturity.

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