

THE RELATIONSHIP BETWEEN PARENTS' OVERPROTECTIVE BEHAVIOR AND STUDENTS' SELF ADJUSTMENT

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ABSTRACT

Problems Children are important members of the family. When children are present in the midst of the family, parents definitely want their children to develop normally, so parents have their own way of treating children. There are also parents who give freedom to children, there are also parents who give freedom to children but still provide control, and there are also parents who indulge in protecting children excessively by providing protection against physical and psychological disturbances and harm, until the child does not reach freedom, the behavior of the parents is called overprotective, with the reason that the child does not experience harm. Many parents intentionally or unintentionally behave over protective. The method used in this study is a qualitative correlation with the data collection technique used, namely a scale questionnaire. The data obtained through the use of questionnaires is data that is classified as factual data. The results of the study based on the line test table 0.01 can be interpreted as significant, because it is smaller than 0.05 and the significant value for the deviation from linearity is 0.052, so it can be interpreted as a significance value greater than 0.05, so from this it can be concluded that the relationship between adjustment variables and parents' overprotective behavior has a linear relationship so that it can also be said that the linearity test is fulfilled in this study.

Introduction

Basically humans are social beings who are always part of a certain environment. In whatever environment the individual is located, he will be faced with certain expectations and demands from the environment that must be met. In addition, individuals also have needs, hopes and demands within themselves, which must be aligned with the demands of the environment. If the individual is able to align these two things, it is said that the individual is able to adjust. So, self-adjustment can be said as a certain way that is done by individuals to react to demands within themselves and the external situations they face. Adjustment is a broad and complex psychological construct, and involves all individual reactions to demands from both the external environment and from within the individual himself. In other words, the problem of adjustment involves all aspects of an individual's personality in his interactions with his inner and outer environment (Desmita, 2009)

Problems Children are important members of the family. When children are present in the midst of the family, parents definitely want their children to develop normally, so parents have their own way of treating children. There are also parents who give freedom to children,

there are also parents who give freedom to children but still provide control, and there are also parents who indulge in protecting children excessively by providing protection against physical and psychological disturbances and harm, until the child does not reach freedom, the behavior of the parents is called overprotective, with the reason that the child does not experience harm. In treating children, of course, parents do not act carelessly, they have their own way with the hope that their children will develop as expected. The behavior of parents towards children plays a large role in the development of children in the future, because childhood is a critical period which is the basis for the success or failure of carrying out their duties.

According to Kartono (2000: 71) the behavior of parents who are over protective where parents protect too much and prevent their children from all kinds of daily difficulties and always help them, in general children become unable to be independent, do not believe in their abilities, feel cannot be responsible for his decisions so that he has difficulty adjusting. The opinion put forward by Sunarto and Hartono (1995:192) is that the habits of parents who always pamper children, children cannot be held accountable for what they do, in general children become unable to be independent, do not believe in their abilities, feel that their scope is limited. In treating children, of course, parents do not act carelessly, they have their own way with the hope that their children will develop as expected. The behavior of parents towards children plays a large role in the development of children in the future, because childhood is a critical period which is the basis for the success or failure of carrying out their duties.

Overprotective behavior of parents is a tendency on the part of parents to overprotect their children, by providing protection against physical and psychological disturbances and dangers, to such an extent that the child does not achieve freedom or always depend on parents. According to Yusuf (2005) aspects of parental overprotective behavior are excessive contact with children, caring for or providing assistance to children on an ongoing basis, supervising children's activities and solving children's problems.

Basically, individuals are unique creatures, where each individual experiences different experiences, causing differences in individual abilities, attitudes, and values, including in the process of adjustment. In other words, one individual with another has different adjustment abilities (Goethals & Worchel, in Yuniarti, (2009). Changes in situations that occur and are quite different from their place of origin can make students feel uncomfortable both psychologically and This is what causes culture shock or culture shock (Rachma, 2016). The phenomenon of culture shock is a basic problem for overseas students. This is because this phenomenon is the root of various adjustment difficulties.

According to Ghufron and Risnawita (2010) self- adjustment is one of the important aspects that humans must have in order to master unpleasant feelings or pressure from within and outside the environment, efforts to balance between environmental needs and demands, and align individual relationships with the environment more broadly. A harmonious relationship between the individual and the social environment can work if the individual is

able to adjust. Adjustment to the environment is the process of individuals trying to adapt to society or the social environment. In order for individuals to be able to adjust to the social environment, individuals need social skills. One important aspect of social skills is self-disclosure (Gainau, 2009).

Method

The method used is correlational quantitative. Correlational quantitative research is a systematic scientific study of parts and phenomena and their relationships. The data collection technique used is a questionnaire scale. The questionnaire (questionnaire) is a form of data collection instrument that is very flexible and relatively easy to use. The data obtained through the use of questionnaires is data that is categorized as factual data. Questionnaire data collection is used with google form. This study uses a Likert scale, because the Likert scale has gradations from very positive to very negative, while the responses that will be given to the subject are in the form of a linear scale, namely 1, 2, 3, 4 where the lowest value is 1 (Strongly disagree) and the highest is 4 (Strongly agree).

Results and Discussion

This Study Aims To Find Out How The Overprotective Attitude Of Parents Towards The Adjustment Of Students Of The Faculty Of Psychology Semester 4 At Raden Fatah State Islamic University Palembang. The Data Used Is The Data We Disseminated Through Questionnaires From Google Drive To Uin Raden Fatah Palembang Students. Based On The Linearity Test On The Relationship Between Adjustment Variables And Overprotective Parents, It Is Known That The F Count Is 28,417 With A Significance Level Of 0.000. To See Whether The Data Is Linear Or Not, It Can Be Seen From The Magnitude Of Significance.

According To Hadi (2000) The Data Is Said To Be Linear If The Significance Value Of The Variable Is ≤ 0.05 , Because The Significance Level Obtained In The Study Is Based On The Linear Test Table 0.01, It Can Be Interpreted As Significant, Because It Is Smaller Than 0.05 And The Significant Value Is At Deviation From Linearity Is 0.052, It Can Be Interpreted As A Significance Value Greater Than 0.05, So From This It Can Be Concluded That The Relationship Between Self-Adjustment Variables And Parental Overprotective Behavior Has A Linear Relationship So That It Can Also Be Said That The Linearity Test Is Fulfilled In This Study And Based On The Normality Test In This Study.

The Significance Value For The Overprotective And Adjustment Variables Was 0.200 Which Was Greater Than 0.05 And It Can Be Interpreted Here That It Is Normally Distributed Hypothesis testing is a decision-making method based on data analysis, Both From Controlled Trials And From Observation (Uncontrolled). In Statistics, A Result Is Said To Be Statistically Significant If It Is Almost Impossible For Its Occurrence To Be Due To Chance Factors, Within A Predetermined Probability Limit.

Hypothesis Testing Is Sometimes Called "Confirmation Of Data Analysis". Decisions From Hypothesis Testing Are Almost Always Made On The Basis Of Testing The

Null Hypothesis. This Is A Test To Answer A Question That Assumes The Null Hypothesis Is True. Based On The Results Of The Hypothesis Testing Analysis Above, It Was Found That The Magnitude Of The Coefficient Between Variable X Was 0.501 With A Significant Relationship Between The Two Variables Of 0.002. So It Can Be Concluded That H_0 Is Rejected And H_a Is Accepted. $P < 0.05$ ($0.002 < 0.05$) So In This Case Variable X Has A Significant Correlation With Variable Y. Thus It Can Be Stated That The Hypothesis Proposed By Researchers In This Study Is Proven Or Accepted.

The quality of adjustment is the dynamism or potential for change. Adjustment occurs whenever an individual is faced with new environmental conditions that require a response. Adjustment involves learning to cope with new situations by changing behavior or attitudes. Throughout his life, the individual changes behavior because he is faced with changing realities and circumstances. Children are important family members and their presence in the family is highly anticipated. When a child appears in the family, parents naturally hope that the child can develop normally, so that parents also have their own way of treating children.

Some parents give freedom to their children on the grounds that they can fulfill their potential, some parents give freedom to their children but still provide control, and some parents are overprotective and protect their children from disturbances. and physical and psychological harm, until the child does not achieve freedom or is always dependent on the parents, the behavior of the parents is called over protective.

Usually this behavior appears with the excuse that the child does not have an accident, and considers that the child cannot think logically, so extra protection is needed. Parents should not be careless in dealing with their children, they have their own way and hope that their children can develop as expected. The behavior of parents towards their children plays a very large role in the development of children in the future, because childhood is a critical period that forms the basis for the success or failure of further developmental tasks.

Overprotective behavior of parents is a tendency on the part of parents to protect children excessively, by providing protection against physical and psychological disturbances and harm, to such an extent that children do not achieve freedom or are always dependent on parents. According to Yusuf (2005) aspects of parental overprotective behavior are excessive contact with children, caring for or providing assistance to children on an ongoing basis, supervising children's activities and solving children's problems.

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
Overprotective	.103	36	.200*	.976	36	.621
Self_Adjustment	.081	36	.200*	.982	36	.795

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

The normality test is actually nothing but to test whether or not the distribution of the data to be analyzed is normal. The test is carried out as many variables as will be processed. In this study, the normality test was carried out on two variables, namely parents' overprotective behavior (X) and self-adjustment variable (Y). Based on the normality test in this study, the significance value for the overprotective and adjustment variables was 0.200 which was greater than 0.05 and it can be interpreted here that it is normally distributed and meets the normality test requirements.

ANOVA Table

			Sum of Square s	df	Mean Square	F	Sig.		
Self_Adjustment * Overprotective	Between Groups	(Combin ed)	1385.33	14	98.952	3.240	.007		
		Linearity	509.424	1	509.424			16.679	.001
		Deviatio n from Linearity	875.910	13	67.378			2.206	.052
	Within Groups		641.417	21	30.544				
	Total		2026.75	35					

Based on the linearity test on the relationship between adjustment variables and overprotective parents, it is known that the F count is 28,417 with a significance level of 0.000. To see whether the data is linear or not, it can be seen from the magnitude of significance. According to Hadi (2000) the data is said to be linear if the significance value of the variable is ≤ 0.05 , because the significance level obtained in the study is based on the linear test table 0.01, it can be interpreted as significant, because it is smaller than 0.05 and the significant value is at deviation from linearity is 0.052, it can be interpreted as a significance value greater than 0.05, so from this it can be concluded that the relationship between self-adjustment variables and parental overprotective behavior has a linear relationship so that it can also be said that the linearity test is fulfilled in this study.

Hypothesis Testing

		Overprotective	Penyesuaian_Diri
Overprotective	Pearson Correlation	1	.501**
	Sig. (2-tailed)		.002
	N	36	36
Self_Adjustment	Pearson Correlation	.501**	1
	Sig. (2-tailed)	.002	
	N	36	36

Hypothesis testing is a decision-making method based on data analysis, both from controlled trials and from observation (uncontrolled). In statistics, a result is said to be statistically significant if it is almost impossible for its occurrence to be due to chance factors, within a predetermined probability limit. Hypothesis testing is sometimes called "confirmation of data analysis". Decisions from hypothesis testing are almost always made on the basis of testing the null hypothesis. This is a test to answer a question that assumes the null hypothesis is true. Based on the results of the hypothesis testing analysis above, it was found that the magnitude of the coefficient between variable X was 0.501 with a significant relationship between the two variables of 0.002. So it can be concluded that H_0 is rejected and H_a is accepted. $P < 0.05$ ($0.002 < 0.05$) so in this case variable X has a significant correlation with variable Y. Thus it can be stated that the hypothesis proposed by researchers in this study is proven or accepted.

Conclusion

Based on the results of the data processing above, it can be concluded that the results of the questionnaire that we have distributed through 20 questions with 36 respondents. Which can be seen from the normality test can be proven by the results, namely significant variables X and Y meet the requirements of the normality test. Then proceed with a linear test with variables X and Y that have a linear relationship (linear test is fulfilled). And the last is the hypothesis test where this hypothesis test is also related because variable X has a significant correlation with variable Y. Thus it can be stated that the hypothesis proposed by the researcher in this study is proven. So that self-adjustment is very influential on the overprotective behavior of parents.

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