

The influence of parenting styles and parents' mindfulness practices on adolescent emotional maturity behavior

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ABSTRACT

Emotional maturity can be obtained through parenting and mindfulness practice. This study aims at looking the relationship between parenting and the parents' mindfulness practice on teenagers' emotional maturity behavior. This research utilized quantitative method using descriptive analysis with collecting data by the questioner. The sampling method was done by proportionate stratified random sampling method with a sample of 89 teenagers at the Ekayana Serpong Temple, Tangerang, Banten. Based on the results of the hypothesis test with regression analysis of the parental value is Sig 0.003 <0.05, or $T_{arithmetic} 3.010 > t_{table} 1.98793$. Therefore, it can be concluded that there is a relationship between parenting on the emotional maturity behavior of teenagers. Hypothesis test results on parents' mindfulness practices are Sig 0.000 <0.05, or $t_{arithmetic} 3.988 > t_{table} 1.98793$, these show that there is a correlation between parents' mindfulness practices on the emotional maturity behavior of teenagers. Based on the results of the hypothesis test, it is known that the significance value for the influence of parenting and parents' value is $43.189 > F_{table} 3.10$. Thus, it can be concluded that there is an influence of parenting and parents' mindfulness practices simultaneously towards emotional maturity behavior of teenagers, amounting to 50.1%, which means there is a positive influence between parenting and parents' mindfulness practices on emotional maturity behavior of teenagers. The results contribute to valuable knowledge for parents to be aware of better parenting patterns and the importance of practicing mindfulness, especially to shaping the emotional maturity behavior of teenagers.

ARTICLE INFO

Keywords:

Parenting style; mindfulness; emotional maturity

Article History:

Received : June 17th, 2021

Revised : June 22nd, 2021

Accepted : June 23rd, 2021

Published : June 28th, 2021

How to Cite in APA Style:

Lukito, Y. T., & Suherman. (2021). The influence of parenting patterns and parents' mindfulness practices on adolescent emotional maturity behavior. *Smaratungga: Journal of Education and Buddhist Studies*, 1(1), 1-11.

Introduction

Many parents do not understand that their role is very important for the formation and development of children's personalities in the future. Some parents think that when parents are able to meet the material and physical needs of their children, their duties as parents will be fulfilled. In fact, not only that, the most important thing is the psychological needs of the children that are provided by their parents, such as parenting in the form of love and attention.

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Published by Center of Research and Publication of Smaratungga Buddhist Collage

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The formation of adolescent emotional maturity cannot be separated from the role of parenting, because parents are the first to have a role in regulating and educating a teenager to obtain good emotional maturity. Early parenting will be important for a child's life, both now and in the future.

The mindfulness practice is a universal and modern practice to improve the quality of life. This practice helps parents to be more relaxed, calm and centered, and also improves their physical and mental well-being. This practice is important for parents because it will direct themselves to be always in the present moment and not dragged into past experiences and anxious for the future so as to develop happiness for all parties.

Wihara Ekayana Serpong, which was only established in 2017, is a family-oriented temple as a place for Buddhist education for parents, youth, adolescents, and children. Seeing the current rate of change in social phenomena, especially advances in technology, communication, and education, the existence of Wihara Ekayana Serpong has not been fully utilized by Buddhist families. This study focuses on the influence of parenting patterns and the mindfulness practice of the parents on adolescent emotional maturity behavior at Wihara Ekayana Serpong in 2020.

Emotional maturity is a condition of achieving development in individuals where individuals are able to direct and control strong emotions so that they can be accepted by themselves and others. A teenager is said to have emotional maturity if he has the characteristics of emotional maturity, such as, easily let love and affection flow, able to face reality, have the ability to judge positively, think positively about oneself, filled with hopes, interested in giving, able to learn from experience, able to handle constructive hostility, and able to think openly.

Democratic parenting recognizes the child's abilities and considers that position level of parents and children are the same. Children are also given space to express and move freely but remain under the responsibility of their parents and are taught not to always depend on and always respect others (Hurlock B. Elizabeth, 2018). Parenting according to the Buddhist view is a foundation that is built democratically by parents by using punishment, reward, and praise in a balanced way and in accordance with the conditions. Parents who apply this parenting style will give their children the opportunity to realize that each of them is responsible for their own lives, treat children with respect and still provide direction and support to their children. Buddhist parents realize that ultimately the child will be responsible for his own destiny and the role of the parent is to help the child develop the skills and knowledge that the child has (*D.III.188*). The Bodhisattva nature of the parents is shown through the unlimited day and night services of the parents. It is important that Bodhisattva values are applied in a balanced manner between compassion and wisdom (White, 2004).

Mindfulness is the quality of the mind that strengthens our awareness of the cause and effect that determines our present existence, and of how we relate to these causes and conditions (Zinn Jon, 2001). This practice is awareness of feelings and thoughts without being dragged into them, identify ourselves naturally as what we are and direct ourselves to always be in the present moment and not be dragged into by past experiences and think about moments in the future. So this mindfulness practice is really a way to develop happiness for all parties

(Burmansah, Rugaiyah and Mukhtar, 2019). To realize life according to the mindfulness practice, there are seven important behaviors or attitudes that need to be considered, namely basic thinking, not giving judgment, knowing the truth, not demanding and not coercing, balanced, independence, and compassion for oneself (Stahl, 2019).

One of the factors that influence emotional maturity is parenting, this study concludes that there is a relationship between parenting and emotional maturity (Lumenta and Karundeng, 2019). There are several researchers that focus on emotional maturity research; therefore, this study aims to analyze how much weight of the influence of parenting patterns and the mindfulness practice of parents on adolescent emotional maturity behavior.

Method

The research object was adolescents at Wihara Ekayana Serpong aged 12-22 years in a period of eight months starting from December 2019 to July 2020. This research is a quantitative research in a correlational form by determining the correlation between parenting styles and parents' mindfulness practices on the behavior of emotional maturity of adolescents in the environment of Wihara Ekayana Serpong.

The variables to be examined in this study consisted of two independent variables (X1) of parenting, an independent variable (X2) of parents' mindfulness practices, and one dependent variable (Y) of adolescent emotional maturity behavior. Researchers took the variable (X1) parenting styles from various sources, namely democratic, responsibility, respect and respect, compassion and wisdom. Variable(X2) the parents' mindfulness practice, namely basic thinking, non-judgment, knowing the truth, non-demanding and non-coercive, balanced, independence, and self-compassion. While the variable (Y) the emotional maturity behavior of adolescents is to easily let their love and affection flow, able to face reality, ability to judge positively, think positively of oneself, full of hope, interested in giving, able to learn from experience, able to handle constructive hostility, and able to think openly.

Researchers used a questionnaire which is primary data collection in survey research. This questionnaire is distributed to respondents online using the jotform application. Sampling was carried out on adolescents aged 10 to 22 years (John W Santrock, 2007). The number of populations in this study were adolescents in the Wihara Ekayana Serpong with an average attendance of 120 teenagers. The sample size used for the validity test was 50 respondents and sufficient to evaluate the psychometric properties of the social construct measures (Sapnas and Zeller, 2002). This study uses probability sampling method, which is the random samples with strata proportional (proportionate stratified random sampling). Based on the calculation of the number of samples from the population developed by Isaac and Michael, the number of samples in this study were 89 adolescents with an error rate of 5% in this study (Sugiyono, 2010).

Researchers carried out the validity test, obtained 60 valid instruments. Based on the results of the variable instrument trial test (X1) Parenting style with 20 items, was obtained on the reliability of scale analysis (Alpha) by using the SPSS program to produce Alpha 0.869. The variable instrument (X2) Parents'

mindfulness practice with 20 items resulted in an Alpha score of 0.892. The variable instrument (Y) The behavior of adolescent emotional maturity with 20 items resulted in an Alpha value of 0.900 so that the variables (parenting styles, mindfulness practices of parents, and adolescent emotional maturity behavior) could be said to be reliable.

Kolmogorov Smirnov normality test is carried out on all the variables studied, which includes the variables (X1) parenting, (X2) mindfulness practice of parents, (Y) Behavior of adolescent emotional maturity to find out whether the residual value has normal distribution or not. A good regression model is to have a residual value that is normally distributed. Based on the results of the normality test, a significance value of $0.200 > 0.05$ is obtained, it can be concluded that the residual value is normally distributed. A good regression model is that the residual values are normally distributed and there is no deviation, so that the data collected can be processed by further methods. The multicollinearity test obtained the same tolerant value (X1) of parenting patterns and (X2) the mindfulness practice, such as $0.488 > 0.10$, meaning that there was no multicollinearity. Based on the VIF value, both X1 and X2 have the same value, namely $2.049 < 10.00$, it means that there is no multicollinearity or there was no intercorrelation between the independent variables (X1) parenting style and (X2) parents' mindfulness practices.

Based on the linearity test of the parenting style variable and the emotional maturity behavior of adolescent's variable, obtained the Sig. value deviation from linearity of $0.074 > 0.05$, so that it can be concluded that there is a linear relationship between parenting and adolescent emotional maturity behavior. The linearity test on the variables of the mindfulness practice of parents with the emotional maturity behavior of adolescents is known to have the value of Sig. deviation from linearity of $0.956 > 0.05$, it can be concluded that there is a linear relationship between the mindfulness practice of parents with adolescent emotional maturity behavior. Likewise, the F value calculated for Deviation from Linearity = 1.552, while the F table = (1; 35) = 4.12. It is known that the value of F calculate is $1.552 < F \text{ table } 4.12$, so it can be concluded that there is a linear relationship between (X1) parenting style with (Y) adolescent emotional maturity behavior. F calculate Deviation from Linearity = 0.579, while F table = (1; 36) = 4.11. It is known that the value of F count is $0.579 < F \text{ table } 4.11$, so it can be concluded that there is a linear relationship between (X2) the mindfulness practice of parents and (Y) the behavior of adolescent emotional maturity.

Result

Hypothesis test in this study uses multiple regression analysis which aims to determine whether or not there is the influence of the parenting style variable (X1) and the parent's mindfulness practice variable (X2) on the emotional maturity behavior variable of adolescents (Y). The basis for decision making is based on the t test and the F test.

Hypothesis formulation with t test: H1 = There is an effect of parenting (X1) on adolescent emotional maturity behavior (Y), H2 = There is an effect of parents' mindfulness practice (X2) on adolescent emotional maturity behavior (Y), H3 = There is an influence of parenting patterns (X1) and mindful practice of parents

(X2) simultaneously on the behavior of adolescent emotional maturity (Y), with a Trust Level of 95%. = 0.05. Based on first hypothesis test (H1), the significance of parenting towards adolescent emotional maturity behavior is $0.003 < 0.05$, and t count is $3.010 > t_{table} 1.98793$, then H1 is accepted which means there is an influence (X1) of parenting on (Y) adolescent emotional maturity behavior. The second hypothesis test (H2), the significance of the mindfulness practice of the parents is $0.000 < 0.05$, and t count is $3.988 > t_{table} 1.98793$, then H2 is accepted which means that there is an influence (X2) on the mindfulness practice of parents on (Y) adolescent emotional maturity behavior. The F test aims to determine whether or not there is a simultaneous effect (jointly) given by the independent variable (X) on the dependent variable (Y). The significance value for the effect of (X1) parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the emotional maturity behavior of adolescents is $0.000 < 0.05$, and the F_{value} is $43.189 > F_{table} 3.10$, it can be concluded that H3 accepted, which means that there is an influence (X1) of parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the behavior of adolescent emotional maturity. The F_{test} aims at determining whether there is a simultaneous effect (jointly) given by the independent variable (X) on the dependent variable (Y). The significance value for the effect of (X1) parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the emotional maturity behavior of adolescents is $0.000 < 0.05$, and the F_{value} is $43.189 > F_{table} 3.10$, it can be concluded that H3 accepted, which means that there is an influence (X1) of parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the behavior of adolescent emotional maturity. The F test aims to determine whether or not there is a simultaneous effect (jointly) given by the independent variable (X) on the dependent variable (Y). The significance value for the effect of (X1) parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the emotional maturity behavior of adolescents is $0.000 < 0.05$, and the F_{value} is $43.189 > F_{table} 3.10$, it can be concluded that H3 accepted, which means that there is an influence (X1) of parenting patterns and (X2) the mindfulness practice of parents simultaneously on (Y) the behavior of adolescent emotional maturity.

The coefficient of determination functions to find out how much percentage of the influence is given by the variable X in simultaneous manner to variable Y. Based on the calculation, the value of R Square is 0.501, this means that the influence of the variable (X1) parenting style and (X2) the mindfulness practice of parents simultaneously (together) on the variable (Y) adolescent emotional behavioural maturity amounted to 50.1% and the remaining other 49.9% were influenced by other variables not examined by the researcher.

Based on the descriptive analysis of the interval scale range chart, it can be seen that the parenting style variable has a high average result of 3.89 with the range position in the high category, so it can be concluded that the parenting style of adolescents at Wihara Ekayana Serpong applies democratic values, responsibility, respect and appreciate, compassion and wisdom, with high average yields.

Table 1. Summary of the analysis description Indicator (X1) Parenting style

Indicator	Information	Interval Scale Range	Category
X1-1	Democratic	3.74	High
X1-2	Responsible	3.87	High
X1-3	Respect and appreciate	3.78	High
X1-4	Compassion and wisdom	4.15	Very high

For the variable of mindfulness practices, parents have a high average result of 3.78 with the range position in the high category, so it can be concluded that the mindfulness practice of parents in adolescents at Wihara Ekayana Serpong applies values of basic thinking, not giving judgment, knowing the truth, not demanding and not coercing, balance, independence, compassion for oneself with high average yields.

Table 2. Summary of analysis descriptions (X2) Mindfulness practices of parents

Variable	Information	Interval Scale Range	Category
X2-1	Basic thinking	3.52	High
X2-2	Not giving an assessment	3.51	High
X2-3	Know the truth	4.16	Very high
X2-4	Not demanding and not pushy	4.24	Very high
X2-5	Balanced	4.07	Very high
X2-6	Independence	4.15	Very high
X2-7	Self-compassion	3.59	High

Table 3. Summary analysis description (Y) Behavior of adolescent emotional maturity

Variable	Information	Interval Scale Range	Category
Y-1	Flow of love and affection	3.99	High
Y-2	Facing reality	3.70	High
Y-3	Be able to assess positively	3.90	High
Y-4	Think positively about yourself	3.92	High
Y-5	Filled with hopes	3.80	High
Y-6	Interested in giving	4.17	Very high
Y-7	Able to learn from experience	3.95	High
Y-8	Able to handle hostility constructively	3.88	High
Y-9	Able to think openly	4.03	Very high

From the interval scale range chart, it can be seen that the emotional maturity behavior variable of adolescents has a high average result of 3.93 with the range position located in the high category, so it can be concluded that the emotional maturity behavior of adolescents at Wihara Ekayana Serpong implements values of channeling love and affection, facing reality, able to judge positively, think positively about oneself, full of hope, interested in giving, able to learn from experience, able to handle hostility, able to think openly, with high average yields.

Discussion

In line with research (Fellasari and Lestari, 2017) about the relationship between parenting styles with adolescent emotional maturity can be obtained through parenting patterns that the adolescents get when they are in the family environment. Supported by research (Lumenta and Karundeng, 2019) there is a relationship between parenting patterns with emotional maturity, that is, one of the factors that affect emotional maturity is parenting. In line with research (Kumar, 2014) that the influence of adolescent emotional maturity and the relationships in the family concluded that there was a significant influence of the influence of parents in the form of parenting for adolescent emotional maturity. The importance of parenting for teenagers in this global era is in line with East (in Lerner, 2009) who said that the unstable relationship between parents and adolescents greatly affects the condition of adolescent emotional maturity.

In line with research conducted by (Mondal and Sutradhar, 2015), there is a significant influence between the conditions of parenting in the family/home environment on the emotional maturity of adolescents. Teens will imitate the parenting style of their parents to be examples for their characters. Parenting patterns based on Buddhist values of compassion and wisdom influence adolescent emotional maturity behavior, this is in line with (White, 2004) the one who said that, it is important for a balanced application of compassion and wisdom in parenting, and (Thomas and Wuyek, 2007) who said that raising a child with *bodhicitta* where the heart and mind are open to love and compassion will provide positive things for the child's development. In line with (Zopa, 2015) that teaches the seven foundations for safety and happiness, parents should use loving kindness to practice Dharma with *bodhicitta*, are also expected to be able to give love to children, without being driven by attachment to them,

This study concludes that there is an effect of parental mindfulness practice on behavior maturity adolescent emotions, according to research (Bögels et al., 2008) that doing a mindfulness practice will significantly improve performance, happiness, adolescent personality, self-control, self-adjustment with others which are elements of adolescent emotional maturity. This is also in line with research that states that the mindfulness practice is one of the tools to increase the effectiveness of parenting that helps regulate adolescent emotions, and increases awareness so that parents respond in a healthier way to their children. As a result, parents will function as a role model for teenagers to be more independent in managing themselves (Bhandal, 2015). These results are in line with the function of mindfulness practices that can help identify emotions, behaviors, and perception. The recognition of emotions, behaviors, and perception is the thing embodies the emotional maturity of adolescents according to research (Ciarrochi et al., 2011). This is also in line with research (Burmansah, Rugaiyah and Mukhtar, 2019) who say that the practice of mindfulness is really a way to develop happiness for all parties.

In line with research (Duncan, Coatsworth and Greenberg, 2009) which states that the practice of mindfulness will bring awareness at all times in interactions by listening to each other deeply, fostering emotional awareness, self-regulating in raising a child, cultivating compassion and non-judgmental acceptance in parent-child interactions.

This study also concludes that there is an effect of parenting patterns and the mindfulness practice of parents simultaneously on adolescent emotional maturity behavior. This is in line with research which states that emotional maturity is needed by adolescents in dealing with critical situations in their lives. One of the factors that can shape emotional maturity is safe attachment to parents, which shows that there is a significant and positive relationship between safe attachment to parents and emotional maturity (Natalia and Lestari, 2015). Safe attachment to parents is one of the attitudes of parents in the form of parenting. In line with research conducted by (Geurtzen et al., 2015) parenting that uses a mindfulness approach in caring for and educating adolescents positively affects the psychological function to reduce adolescent internal problems. Mindful parenting practices improve the quality of care and improve the relationship between parents and adolescents, thereby reducing stress and anxiety in adolescents. The dimensions of non-judgment and compassion are the core values of parenting with the mindfulness practice. Naumburg also said that parenting patterns with mindfulness is the basis of using time to focus on the present and attention on one thing. Everyone needs to mindfulness practice. Therefore, they are aware of what is going on around them at all times as it is (Naumburg, 2014).

Research conducted at Wihara Ekayana Serpong shows that parenting patterns affect adolescent emotional maturity behavior, the mindfulness practice of parents influences the emotional maturity behavior of adolescents. Parenting that is combined with the mindfulness practice in which Buddhist values are used as a basis in daily life shows a positive and significant result on the emotional maturity behavior of adolescents. This study proves that parenting which is complemented with the mindfulness practice by parents has a very positive effect on the development of adolescents.

Conclusion

Based on the analysis of the results of research on the influence of parenting styles and mindfulness practices of parents on the emotional maturity behavior of adolescents at Wihara Ekayana Serpong, Tangerang, it can be concluded that based on the hypothesis test with the t test, the results of H1 are accepted so that it is concluded that there is an influence between parenting and emotional maturity behavior of adolescents at Wihara Ekayana Serpong, Tangerang. The results of the hypothesis test with the t test obtained H2 results are accepted so that it is concluded that there is an effect of mindfulness practices of parents on the emotional maturity behavior of adolescents at Wihara Ekayana Serpong, Tangerang. The results of hypothesis testing H3 with the F test give H3 accepted results, so it can be concluded that there is an effect of parenting and mindfulness practices of parents simultaneously on the emotional maturity behavior of adolescents at Wihara Ekayana Serpong, Tangerang amounting to 50.1%.

Based on the results of the study, it was stated that there was a positive influence between parenting styles and the practice of mindfulness of parents on the emotional maturity behavior of adolescents at Wihara Ekayana Serpong, Tangerang, so the researchers gave suggestions for the Ummah Community at Wihara Ekayana Serpong to carry out a sustainable program to provide parenting seminars for parents and parents to continue to practice mindfulness practice

which is held every month at Wihara Ekayana Serpong. Introducing to the general public about parenting styles and the mindful parenting with training that is open to the public. This research can be continued by researching deeper into the subject of parents who practice mindfulness so that the results of this study can be developed and practiced in daily life.

Acknowledgements

We would like to express our gratitude to Ven. Dharmavimala Mahathera, Dr. Burmansyah, M.Pd (Ven. Nyanabandhu), Eko Pramono, S.Pd.B., M.Pd (Ven. Bhadranaatha), and Mrs. Juliana S.Psi (Iwah) for their guidance and support in this study. We would also like to express our gratitude to Mr. Hasan Anny, SE, Ak as the Chairperson of the Wihara Ekayana Serpong Community Association for providing research permission.

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