

ORIGINAL ARTICLE

Family Support needed for Adolescent Puberty

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ABSTRACT

Adolescents during their puberty will experience many physical and psychological changes that are very fast. Physical changes of puberty teens give effect to changes in psychological and social. Shape changes that accompany puberty include changes in cognitive, moral, emotional, social as a form of self-development of adolescents. Families have an important role to help youth grow and develop normally during puberty. Reality on the ground are still many families that have not been able fully to implement the family support to adolescents undergoing puberty. The purpose of this study to obtain the necessary family support during their teenage puberty. The design study is a qualitative phenomenology. Researchers conducted in-depth interviews of adolescent puberty. Data analysis using Colaizzi method. The first theme is the role of perceived family (support, negative attitudes and rules). The second theme is the expected behaviour of adolescent family (needed, considered, understood, satisfied, given the right to argue, improved communication, allowed to play, directed and controlled). Researchers suggest the formation of adolescent peer counsellor, clinical consultation and promotion family support for adolescent.

Keywords: *puberty; adolescent; family support.*

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Introduction

Stage of human development occurs throughout life. One of the many stages of development to the attention of society and government is adolescence. It is based on the fact that adolescence is a next generation the ideals and struggles of the nation. This effort is carried out considering the age of adolescence is the most difficult stage of human development. Additionally the teen population has increased from year to year. Adolescents undergoing puberty is defined as the transition from childhood to adulthood. Puberty is a period when a child begins to experience sexual maturity and reproductive organs are ready to perform their reproductive function with rapid physiological changes (Neis & McEwen, 2001). Adolescents during their puberty will experience many physical and psychological changes that are very fast. Physical changes of puberty teens give effect to changes in psychological and social. Shape changes that accompany puberty include changes in cognitive, moral, emotional, social as a form of self-development of adolescents (Hurlock, 2004).

Maryam (2002) describes the results of his study that adolescents who undergo puberty starts are required to behave in accordance with the demands of groups and norms. Often these changes actually be the cause of the attitude of teenage rebellion against the rules or norms that apply. Teens will experience social change by increasing the activity with their peers, sometimes even leaving the values in the family, and look for things that are more attractive according to them. They want to be recognized group, as well as models of clothes and haircuts that can make hot parents, still done by recognized groups (Allen, 2006).

During puberty, there is increased sexual drive due to hormonal changes (Wong, 2003). They began to have interest with the opposite sex, as stated by Weis (2000), the interaction is erotic to experience sexual feelings with the opposite sex, is clearly indicated from the age of 14 years. They will start going out with peers who can sometimes be the beginning of falling prey to promiscuity. Emotions are very labile teenagers is caused by an increase in sexual hormones that are so rapidly (Guyton, 2006). Form of emotional teenage puberty circumstances, sensitive, reactive and critical of the events that occurred. Adolescent emotional attitude often expressed in terms of irritability and emotions aroused. This condition is often the cause of adolescent conflict with parents or peers, can even be a cause of

juvenile delinquency (Evita, 2009).

Families have an important role to help youth grow and develop normally during puberty. Sarwono (2008) in his research states that the environment is most influential on the success of teenagers undergoing puberty are family. The family is the place to absorb the values, norms, attitudes and guidance in times of crisis that is puberty. Families should create conditions that support growth and development of normal adolescent physical, psychological and social (Agustiani, 2006).

Reality on the ground are still many families that have not been able fully to implement the family support to adolescents undergoing puberty. Existing data indicate that the information about the changes that occur during puberty are obtained teenager is still lacking. According Hanifah (2000), some 78 percent of teens say that no explanation was given his parents about the signs of puberty. Meanwhile, Astuti (2007) describes in his research that the family who know all too well about the signs of adolescents who undergo puberty only 37 percent. Devi (2009) adds that 50 percent of children aged 12 years said that her parents did not pay attention on the subject of sex. In fact, forty percent of them say that it is prohibited if the talk about sex to their parents.

Family support to adolescents in rural areas is still low. According to the research of Joseph (2009), lack of family support due to the economic, knowledge and family sources. Most of the rural economy is low, so the ability of families to provide support for material is also lacking. One example that was found was the family does not provide specifically sanitary napkins for adolescent girls.

Sarwono Survey (2002) showed about 23 percent of teens who live in Baturaden, Purwokerto has been doing pre-marital sex and performed since the age of 13 years. Antono (2006) adds about 56 percent of teens Navan already had sex with boyfriend free. Behaviour of adolescents who adopt free sex most heavily influenced by the indifferent attitude of the parents. Wahyu (2005) in explaining the qualitative study that teenagers who work as commercial sex workers (CSWs) in Baturaden Navan, largely due to disappointment with his girlfriend and the absence of parental attention. Adolescents with a free watch porn movies, hanging out, using cellular phones and the internet

without parental supervision. Indifferent attitude of parents towards adolescent pubertal changes can be categorized as ineffective family support (Friedman, 2003).

Researchers found a variety of phenomena experienced by teenagers during their puberty as the most difficult stages of growth and development. Physical growth is very rapid and characteristics such as adults, but psychologically, socially, emotionally still unstable and not balanced with physical growth. This condition often leads to teenage self-discovery difficult and lead to a conflict that resulted in the emergence of a variety of adolescent health problems, including confusion, impaired body image, pulling away, free sex, teen violence, sexual identity disorder, depression, interpersonal communication disorders and a decrease in achievement to learn. These risk factors provide an overview of how plural problems experienced by teenagers during their puberty.

Methods

This study uses qualitative methods to study the phenomenology of each issue by placing it in a natural situation and give meaning a phenomenon based on things that matter to people. Researchers chose the phenomenological approach of the experiences of adolescents in a family developmental tasks during their puberty. Participants of this study are adolescents who are undergoing puberty using purposive sampling. This study inclusion criteria: adolescent males aged 13-16 years and has experienced a wet dream; adolescent girls aged 12-16 years and has experienced periods; willing to become participants; adequate knowledge; teenager lived with his family, and be able to tell experience with both.

The study was conducted in Purwokerto from August to November 2011. Data was collected through in-depth interviews with open-ended interview strategy. The main instrument of this research is the researcher. Data collection tool guidance on interviews, field notes and MP3 devices. Stages of data analysis using the method of Colaizzi (1978 in Steubert & Carpenter, 2003) about the support families need during their teenage puberty.

Results and Discussion

1. Support the Family That Has Given To Young For The Puberty

Based on the results of interviews conducted by researchers, the data found that adolescents during puberty undergo sensed a pattern of behaviour of different family each adolescent. There are teenagers who feel supported, some are getting the negative attitude of the family. Perceived family support adolescents during puberty underwent a way to understand, advise, allow, meet the needs and teach. Perceived negative attitude teen family is a family concern that less, not explain, curb and do not give children the right to argue. Families in enforcing the rules of the perceived teen is directing, warning, role models and coercion.

These results are in line with the statement of Friedman (2003) who explains that the family support consists of emotional support, material and informational. If the third of family support is not provided the family will hinder the growth and development of adolescents. Adolescents undergoing puberty experienced many problems arising from physical and psychological changes. Ingredients that, according to research Schad (2008), adolescents who undergo puberty require family support in the form of emotional support, informational and material. A sense close to family is one of the requirements for the development of a young soul. In practice many parents who know this, but ignore it for reasons to pursue a career and looking for a large income to meet the economic needs of families and ensure the future of children. If this happens repeatedly in the time period is long enough, it will greatly affect the conditions of stress, anxiety and stress.

Parents should continue to strive to improve the quality of parenting on children, not merely leave it to the maid. If all matters submitted to feed and clothe another person can make a child do not have a sense of satisfaction with parental support. Family environment is also the land to develop various skills, learned through the games, pranks, skits and experiences of everyday in the family. Parents need to know and get to know my friends teenage son, while trying to become friends with them, if that is possible. Families should provide an adequate explanation of the changes during puberty, and how to overcome problems early on to his children. But from the results of this research is still very few families that do that. Family knowledge about the changes of puberty are still very limited. This study shows that the support of family information about the changes that occur during puberty are obtained teenager is still lacking.

Adolescents undergoing puberty experienced

an unstable emotion, so easily upset, easily stressed and irritable. Families have a responsibility to provide emotional support that helps solve adolescent problems and overcome emotional instability. The challenge for the family is addressing these emotional changes of puberty teen with an attitude should not be too hard and also not be ignored. If the treatment done in hardware family, then the potentially rebellious teenager. On the other hand, if the family is indifferent treatment will lead to negative behaviour for adolescents. The fact is the basis for the statement of experts that the most difficult developmental tasks the family is at the stage of adolescent development that are undergoing puberty (Pardede, 2002).

Often the family worries too much, so many teenagers are restrained and not given a chance to hang out with her friends. This attitude was perceived by the adolescents in this study. Teens stated that they felt should not be playing at all, no treatment was given leeway and parents are very strict. Many families who show attitude to the teenager as a form of protection against her son, but is seen by children as an attitude of restraint. Where as adolescent interpersonal skills acquired by a relationship with another person. As a teenager in a relationship with another person, then the youth can learn about how to interact socially and how to communicate with others. The attitude of restraint to adolescents undergoing puberty will influence the psychological development of adolescents. If families do restrictions on teens to hang out, then the result of what happens is that dependent children become teenagers, unable to relate with others (Friedman, 2003; Evita, 2009). The attitude of restraint expressed adolescents in this study according to the statement Soetjningsih (2004) that often parents are too overprotective in children and adolescents do not give a chance to hang out with friends. This means parents depriving adolescent autonomy.

Every parent wants their children are well behaved according to the norms prevailing in the family and society. Therefore, one of the family responsibilities towards their children is the shape children's behavior. Ways in which different families. Adolescents revealed that there are four ways in which families in enforcing the rules, to direct, alerting, giving examples and some others by force. Parents who use direct, alerting and gives an example of a democratic way that allows teens to take it and run the rules with a vengeance.

How to enforce family rules that parents use is

strongly influenced by the character and the busy parent. Teenagers should be directed to enable them to be positive from the family rules when parents do career development. On the other hand, parents who have a hard character to apply the rules with an authoritarian attitude that is coercion. However, sometimes parents have to do by way of coercion, when his teenage son after the cooperative can not be done. The role of the family like this become very important as a vehicle for transferring the values and as agents of cultural transformation (Pardede, 2002). Sarwono (2008) adds that the family is the place to absorb the values, norms, attitudes and guidance in times of crisis that is puberty. The family became a teenager learning to not be a selfish person.

2. The Adolescent Family Support Needed During Period Puberty

Every teenager while undergoing puberty have different needs. Requirement in question is the support of his family during puberty. According to Friedman (2003) support the family in adolescents during puberty consists of material support, emotional and informational. Once the researchers explore in depth, the expectations of her family against her teens during their puberty, revealed a wide range of support needs. Family support for adolescents who are expected to undergo puberty is to be noted, the desire that parents can act as a friend, give love, understood, informed and satisfied their needs.

Parental attention, affection and understanding in the face of teenage parents will help teens achieve a stable emotional maturity. In my crisis, parents should be able to create a situation conducive to the growth of teenagers like to give a sense of security, creating a harmonious and cheerful atmosphere in the home and intimate relationships with teens by acting as a friend. All these factors determine the success of teenagers navigate difficult times and crises during their puberty. In addition to requirements described above, adolescents who are undergoing puberty have needs related to their physical changes, such as bandages, cosmetics, clothes and even a mobile communication device (Erwin, 2002). This teen needs is revealed from the statements when interviewed teens. Diverse needs of these adolescents, parents absolutely must be given particularly sanitary napkins. This is done to prevent health problems for adolescents who are undergoing puberty are. If the pads are not met by their parents, it is possible to place the female reproductive organ disease.

Communication which is expected by adolescents is that given the right to argue. Teens want parents to be able to speak softly to her child, not by yelling. Gentle way of speaking that will make comfort for the teenagers, even they will be more open to parents if the family needs are met. This is consistent with the Ramanda (2003) which states that when children run away from home, they want to go back when parents show a gentle attitude. Effective communication, two-way and open between parents and teenagers will draw together a distance of parents and adolescents (Wong, 2003). Teens in this study also hoped that he be granted the right to argue for communication with his family. Teenagers want to be both parents want to hear it delivered. When parents give children the right to argue, then the teens felt it was an adult who is given space to participate in family decision-making. Teenagers will argue that given the right feel to have a family, so it will train children to think carefully before doing something and trying to maintain good relationships between children and parents.

Communicating with children is a most effective way to avoid things that are not desirable (Hurlock, 2004). Results of analysis of research data by the study of Teresa (2010), the correlation values obtained between intrapersonal intelligence in adolescents with communication effectiveness of 0.693 with $p = 0.000$. This indicates that there is a significant correlation between intrapersonal intelligence in adolescents with communication effectiveness. Communication in question is two-way, meaning both sides must be willing to listen to each other with a view of one another. Parents with two-way communication can find out the views and mind-son, and instead the children can know what parents want.

Two-way communication will help foster mutual respect, accept change, improve self-esteem and adolescent openness. We recommend that the teen was invited to speak from heart to heart and in a relaxed, even if there is no harm in the talks also interspersed with the occasional mild joke. Democratic atmosphere in the household need to be created, all family members can express their opinions, without having to feel embarrassed especially feared by other family members, especially to parents. From the results of data analysis has been done Dyah (2010) obtained the value of the correlation between perceptions of parent-adolescent communication with self-concept of 0.416 with a p of 0.000. This indicates that there is a strong relationship between perceptions of parent-adolescent communi-

tion with adolescent self-concept.

The independence of a teenager is reinforced through the socialization process that occurs between adolescence and peers. Hurlock (2004) explains that through relationships with peers, adolescents learn to think independently, take own decisions, accept or reject the views and values derived from the family and learn the patterns of acceptable behaviour group. The opportunity to play with peers will enhance the ability of adolescent interpersonal communication. Studies conducted Stuart (2002) showed that teenagers who are given the opportunity to hang out with friends in a responsible manner are better able to communicate better than teens who curbed.

Teens in this study allowed to reveal want to play with their peers. Families are required to meet the social needs of adolescents who undergo puberty by providing the freedom to hang out with their peers. The attitude of parents who no longer considers adolescence as a child but gave freedom to associate growing sense of independence for adolescents. In addition, if families allow their teenagers to hang out, they will gain experience about ways to communicate with friends. During the process of social learning occurs for teens to communicate. If not met, then it can be an interruption in the process of adolescent interpersonal communication.

The situation is conducive needed to shape children's behavior. According Agustiani (2006) the family must create conditions that support for the formation of adolescent personality in order to follow family rules. These conditions can be achieved by the proximity of children with parents, family care and cultivation of positive role models. In the framework of the formation of behavior, adolescent family expect to use the way directed, controlled and given examples. If the rules are given to be effective, then the rules must be understandable, clear and consistent. Ambiguity can occur, if both parents apply different rules or the implementation is often not permanent. From the research results Peck in Friedman (2003) found that adolescents from families that establish consistency of the rule set will establish a child who is emotionally mature, said his heart strong, and able to keep the rules - social rules.

How to be directed and given examples of the application of a pattern of democratic parenting. Parents should not resolve the problem by way of an attitude as if he were interrogating or suggesting, as this will make the teenager is getting scared. Teenagers are given the

opportunity to take responsibility by directing their actions and set an example will feel that he is given the trust by his parents. They will grow into a more cautious and able to be responsible. Sense of responsibility is required as the basis for the formation of positive behaviors in adolescents. Statement of researchers is supported by Hurlock (2004) which states that the guidance of older people are needed by adolescents as a reference for adolescents to behave. Parental consistency in discipline and inculcate the values to the youth and since childhood in the family will become a role model for teenagers to be able to develop positive behavior. This is also confirmed by the studies Dian (2010) which states that behaviour is caused by disobedience teen parenting parents inconsistency itself is embodied in the rules of the family.

Parental supervision is absolutely necessary to teenagers, especially when it entered early adolescents who are undergoing puberty (Hurlock, 2004). The ability of adolescents to make decisions not based on the notion that broad. They often just think moment and did not see impact even further. This was disclosed by a teenager who realizes that he felt the need to gain control of his parents. Parental supervision carried out with the aim that teenagers do not behave contrary to the norms of society. However, parents need to remember that adolescents need of independence, so that the supervision carried out should not be exaggerated, for example when a child will play, then the parent is enough to make a deal when his son came home. Parents in giving freedom to the teenager must be accompanied by instilling a sense of responsibility teens. Each adolescent's decision will bring positive and negative consequences. Various alternative consequences arising from the decision should be discussed teen parents with their teenagers. The ability of these parents can be realized with the role of family caregivers who will accompany the family in carrying out the developmental tasks of the family.

Various necessary family support needs teenagers who are undergoing puberty can be the basis for the family to carry out the role of family in adolescents according to the needs of youth it self. The expected goal is indeed the right target in the sense that the expected teens, so teens can carry out the task of adolescent development. Especially during the adolescent developmental tasks undergo puberty according to Wong (2003) is comprised of: accepting diversity of physical change and its impacts; achieve independence from parents; develop appropriate gender identity and strengthen self-control over emotional lability. It is also similar to

Santrock (2003) on the developmental tasks of adolescence during puberty is receiving physical condition themselves, get along with peers of both sexes and achieve social role as a man or a woman.

Conclusion and Suggestions

Adolescent perceived family support is to understand, advise, allow, meet the needs and teach. Some participants still felt that given the pattern of family behaviour is still lacking that indicated the existence of negative attitudes of the family. Negative attitude family consists of: a lack of family attention, does not explain, curb and do not give the right to argue. Families in enforcing the rules with a direct, alerting, role models and coercion. Family support needed adolescents during puberty consisted of emotional support, material and informational. Examples of family support that is expected is considered, parents can act as companions, given love, understood, informed and satisfied their needs. Communication which is expected given the right to argue. Teenagers also need the freedom to be allowed to play. How to shape behavior, adolescents are more forward with a gentle and given examples.

Public Health Service through the clinic needs more attention to adolescent health and allocate sufficient funds for the socialization of family support given to teenage puberty to adolescent health care training of cadres in the order of the family. Preparation of puberty and adolescence module family support families need to be developed as guidelines in providing support. However, further research needs to be done is to Factors Affecting Families In Families In Progress Tasks Performing Teenagers Who's practices the Puberty.

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