



Overview of Parental Bonding with Adolescent Mental Health in Bukittinggi 2023

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Abstract

Parental bonding is a bonding relationship between parents, both physically and emotionally, that helps shape emotions during the long-term growth and development of adolescents. Generally, parental bonding often refers to an imbalance between care and protection directed by parents toward their children. If it is associated with health conditions such as mental illness, strong parental bonding will affect positive behavior and good and healthy relationships. And if left unchecked, parents will find it difficult to control their children. Adolescents tend to report their feelings to friends when they have problems, such as feeling unwelcome; parents never understand; children don't pay attention to children; parents enter children's privacy spaces; and parents control everything their children do.

Keywords: Mental health, Parental bonding, Adolescents

Introduction

Emotional mental disorders is something circumstances Where individual experiencing psychological distress, occurs change psychological situation _ certain but Can return recover like again, if emotional mental problems This No handled in a way appropriate will give rise to bad impact _ for development teenager (Mubasyiroh et al., 2017)

According to *World Health Organization* (WHO 2021) 1 in 7 (14%) teenagers aged 10-19 years' experience disturbance mental health however part big Still Not yet recognized and not treated. Estimated 3.6% of teenager aged 10-14 years and 4.6% of teenager aged 15-19 years' experience disturbance anxiety and on increase with increase age. According to the Ministry of Health of the Republic of Indonesia (Kemenkes 2019) symptoms disturbance health mental health in children like feel lonely, worried excessive, and stress is one of them

the cause is not enough communication with parents _ because parents are busy _ Work (Indonesian Ministry of Health, 2019)

A number of factor trigger problem emotional mental health teenager that is environment family, environment school, environment place stay (Putra et al., 2023), environment public as well as social media that can be done disturbing emotional mental balance childlike violence in family, problems with Friend peers, *bullying* consequence exists disability physique or problem economy (Rizkiah et al., 2020) . Family is the very first environment in the process of adolescent mental development, so The role of parents is very influential How emotional mental health teenager in the future (Dwi Ariesa et al., 2019)

Santrock stated that connection between parents _ with teenager different with connection teenager with Friend peers, parent - adolescent relationships _ is reciprocal relationship, with _ there is a feeling of mutual trust understand, and also each other accept One with each other (Gunarsa, 2008; Dwi Ariesa et al., 2019). One of illustrating concept _ connection between parents _ with teenager that is exists *bonding* or normal bond _ called with *parental bonding*.

Functional parental *bonding* be marked with parental abilities _ For fulfil need physical (food, clothing and shelter), education (schools and courses) and needs emotional (love and affection Darling). If parents succeed fulfil need the so will give influence positive to development physical and cognitive child (Karim & Begum, 2017) .

Whereas dysfunctional parental *bonding* can increase risk dysregulation emotions emerge _ in Century mature like *insecure attachment* and *alexithymia* (Lyvers et al., 2019) . Dysfunctional *parental bonding* can also be become factor inhibitor independence child Because There is control psychological from pushy parents _ _ child For fulfil his needs Alone with ignore autonomy child so that hinder child For disclose feelings and desires (Li et al., 2018) . The parenting practices of parents, especially mothers, play an important role in establishing *parental bonds* with children which has an impact on children's mental health (Anggraini et al., 2020)

Literature Review

Research conducted by Raffagnato et al., (2021) on the relationship between *parental bonding* and adolescent psychopathology states that *low parental care* is correlated with the emergence of adolescent psychopathology (Raffagnato et al., 2021) . This research is reinforced by Luanpreda's research in Thailand that the lower *parental bonding*, the higher the level of depression in children (Luanpreda & Verma, 2015)

According to research by Izzati & Ayriza (2021), the results showed that *care* and autonomy from parents had a positive impact on children, making them become themselves, have courage, perseverance, kindness, love, social intelligence, justice and self-regulation. Meanwhile, *parental control* or *overprotection* has a significant negative effect on character strength (Izzaty & Ayriza, 2021) .

Research Methods

This research uses an *analytical survey design* with a *cross sectional approach* where the results are obtained by analyzing *parental bonding* on the emotional mental health of teenagers in Bukittinggi. The *sampling* technique for this research is *non-probability sampling - purposive sampling*, namely a sampling technique based on certain considerations made by the researcher, a total of 114 people. Instruments used _ are PBI (*Parental Bonding Instrument*) and SDQ (*Strength and Difficulties Questionnaire*).

Results and Discussion

1. *Parental Bonding*

Table 5. 1

Bonding Frequency Distribution Parents with Teenagers in Bukittinggi 2023

| <i>Parental Bonding</i> | F | % |
|-------------------------|----------|----------|
| Good _ | 18 | 15.8 |
| Not good | 96 | 84.2 |
| Total | 114 | 100.0 |

Based on table distribution frequency 5.2 shows that of 114 teenagers more from part 96 (84.2%) were teenagers own lack of *bonding* Good with his parents.

Parental bonding refers to the physical and emotional bond that occurs between parents and adolescents (Al 'afuw & Primanita, 2021) . Good *parenting is needed to develop* good parent-child *bonding*. This is characterized by the ability of parents to meet physical, educational and psychological needs adequately. However, bad *parenting* will have a negative impact on children's health, survival, development and self-esteem (Karim & Begum, 2017) . This research is in line with research conducted by Mannarini et al. 2018 which was conducted on patients with mental health disorders in Italy. The results showed that *parental bonding* implemented by fathers had *parental bonding affectionless control* (*low care and high protection*) (Mannarini et al., 2018) .

Table 5. 2

Frequency Distribution of Respondents Based on Types of *Parental Bonding* for Teenagers in Bukittinggi 2023

| Types of <i>Parental Bonding</i> | F | % |
|---|----------|----------|
| <i>Optimal parenting</i> | 18 | 15.8 |
| <i>Affectionate constraints</i> | 46 | 40.4 |
| <i>Affectionless control</i> | 49 | 43.0 |
| <i>Neglectful parenting</i> | 1 | 0.9 |
| Total | 114 | 100.0 |

Based on table distribution frequency 5.2 shows that type the most *parental bonding* is *affectionless control*, namely 49 (43.0%) and the least that is *neglectful parenting* namely 1 (0.9%).

Research result This different with research conducted _ by Usma Yulesa et al in teenagers in West Sumatra, namely type the most *parental bonding* experienced by teenagers is *neglectful parenting* as much as 72.5% (Usma Yulesa, 2021) . Which is *the parental bonding* type this also called _ pattern foster which parent is negligent? No care and let teenager take decision for self-teenager that Alone. According to researcher *parental bonding* types *affectionless control* ie low *care* and *protection* tall including in bad *parenting* _ because of the type this is an old man not enough care to his teens like not enough give love darling, not enough give attention, and also less give *reinforcement* to things teenagers do _ the. Researcher assume that parental bonding is lacking Good Lots experienced by teenagers man matter This because since enter age teenager usually man will more interesting self from environment his including with parents, p _ This caused Because changes that occur in adolescents man the Good change physique nor emotional.

2. Emotional Mental Health

Table 5.3

Distribution Emotional Mental Health Frequency Teenager Bukittinggi 2023

| Emotional Mental Health | F | % |
|--------------------------------|----------|----------|
| Normal | 50 | 43.9 |
| Abnormal | 64 | 56.1 |
| Total | 114 | 100.0 |

Based on the frequency distribution table 5.4, it shows that out of 114 teenagers, more than 64 (56.1%) teenagers have good health. abnormal mentality. Emotional mental health is a psychological state that shows a person's ability to adapt or solve problems, both internal and

external. Good mental health is characterized by thinking, feeling and acting efficiently and effectively in facing life's challenges and stress (Juliah, 2021).

This is in line with research conducted by Malfasari et al (2020), the results showed that the majority of teenagers experienced mental health problems related to peers, 160 people (74.1%) and the second most common emotional mental problem, namely *conduct problems*, 88 (40.8%) (Malfasari et al., 2020). Researchers assume that teenagers who experience the most emotional mental health problems are teenage girls (Maharana et al., 2023). This is because teenage girls are more likely to play with their feelings so that if a problem occurs they will choose to keep the problem they are facing to themselves (Manaf, 2023). As a result, teenagers who experience this will become gloomy, withdrawn, have fights and not want to come to school anymore. If this continues, it will trigger emotional mental health problems in teenagers, such as anxiety disorders, depression and other mental health problems.

Conclusion

This research can be concluded that the bond between parents and teenagers greatly influences the mental health of teenagers, so parents must improve good parental bonding, such as providing attention and not limiting teenagers' desires too much so that teenagers have good emotional mental health. *Bonding* between parents and teenagers in Bukittinggi City that of 114 teenagers more from some 96 (84.2%) were teenagers own lack of *bonding* Good with his parents. Emotional mental health teenagers in Bukittinggi show that of 114 teenagers more from some 64 (56.1%) were teenagers own mental health which is abnormal.

Declaration of conflicting interests

The authors declare that there is no conflict of interest in this work.

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