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“Psychology in Changing Global Contexts”



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2

**International Conference on Psychology  
In Health, Education, Social and Organizational Setting (ICP-HESOS)**

**“Psychology in Changing Global Contexts”**

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**International Conference on Psychology in Health, Education, Social and  
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**“Psychology in Changing Global Contexts”**

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# KEYNOTE SPEAKERS



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2

## Balance Relationship in Parent Marriage, Parenting Effectiveness, Deviant Peers and The Tendency of Externalizing Behavior on Adolescents

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### Abstract,

*The tendency of externalizing problems in adolescents needs more attention since this behavior affects not only the adolescents themselves but also the environment. Mass media often tell about student brawls, violence among students and truancy. This research aims to know the influence of the family and peer on the tendency of externalizing problem on adolescents. The participants were 169 adolescents from 12-15 years of age sitting on grade 7 at one of state junior high schools in Surabaya. Data collection used four scales of psychology. The scale of balance relationship in parent marriage was arranged based on circumplex model of marital and family system from Olson (2000). Parenting effectiveness scale referred to Social Interaction Learning (SIL) Model (Forgatch, 2004) and closeness to deviant peers scale referred to research variables regarding deviant peer from Mount (2002), Scramella (2002) and from The Index of peer Relation (IPR) (Khurshid & Rahman 2006). The scale of tendency of externalizing problems in adolescents referred to Achenbach (Mash & Wolfe, 2005). Data Processing used Structural Equation Modeling particularly path analysis. An important outcome of the study was that the balance on the parent relationship, parenting effectiveness and closeness to deviant peers influenced the tendency of externalizing problems in adolescents directly and indirectly, the implication of the research is that in order to prevent the occurrence of tendency of externalizing problem, parent relationship, parenting, and peers need to get more attention.*

**Keywords :** *balance relationship in parent marriage, parenting effectiveness, closeness to deviant peers, tendency of externalizing problems.*

### INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. In the transitional period, all aspects such as cognitive, physical, social, and emotional undergo development to prepare for adulthood. Coping with the changes, in adolescence period the individual is also expected to successfully adjust himself to the changes happening. Changes from childhood to the teenage years or so called transition period are quantitative and qualitative (Steinberg, 2002; Weiten, et al., 2009). A few teenagers experience difficulties in adjusting themselves to this transition period resulting in behavioral and psychological problems that not only annoy themselves but also the environment surrounding them. Achenbach (Achenbach & Edelbrock, 1978; Achenbach, 1982; Achenbach & Rescorla, 2007) based on review of empirical divide problem behavior in children and adolescents into two, namely internalizing and externalizing problems. In general, theorists and researchers use the deviation of Achenbach (Dishion, 2000; Liu, 2004; Tackett, 2010; Bernat, et al, 2011).

Externalizing behaviors include aggressiveness, delinquency, and hyperactivity. Whereas internalizing behaviors include shizoid, anxiety, depression, somatic, and withdrawn. (Achenbach & Edelbrock, 1978).

Several studies have shown that the emergence of externalizing and internalizing behavior is influenced by family factors. For example, adolescents who experience child abuse and exposure to domestic violence has a risk of internalizing and externalizing problem behavior (Moylan, 2005), emotional abuse and tendency of juvenile delinquency (Nindya, & Margaretha, 2012). Children from families that are less cohesive, less flexible, and less communicative will be disrupted (Vidovic, et al., 2005). Family cohesion shows a positive and significant direct relationship with parental support and parent supervision. Family adaptation is positively related to parental support, but is negatively related to parental supervision (Houltberg, 2010). The family is a system consisting of several subsystems, namely marital subsystem, parent-child subsystem, and sibling subsystem (Parke, 2004). Several studies have shown that the conditions of marriage such as marital



conflict will generally bring externalizing problem behavior in children (Faubert, et al 1990; Webster-Stratton & Hammond, 1999; Ackerman, et al, 2001; Frank & Buehler, 2007). There is relationship between positive marital quality and externalizing and internalizing problem behavior (Leidy, et al., 2007) and the conflict between the father and mother in marital relationship with externalizing and internalizing (Benson, et al (2008). Acts of violence by fathers on mothers associated with internalizing behavior in children, and externalizing behavior was higher in children who witness acts of violence committed on their mother by their father than children who do not witness the violence done on the mother by the father (Emery, 2009). This suggests that the function of marriage affects the tendency of externalizing behavior on adolescents.

According to the circumplex model (Olson, 2000; Olson & Goral, 2003), marital relationship is said to work if there is a balance in cohesiveness, flexibility and effective communication, and if it happens the other way around or there is unbalance relationship, the problems will be prolonged. Cohesion is the emotional bonding between spouses or a family members to the other family members. Sense of cohesiveness in research is an emotional bond between the father and mother of teenagers. According to the circumplex model of cohesion, if there is a balance in the marriage, the function will be optimal. When level of cohesion is very high (*enmeshed* system), it is very consensus with emotional closeness with the spouse and it is less self-sufficient. Whereas if the level of cohesion is very low (*disengaged* system). Then each of the spouse will be doing something individually, attachment or commitment is very limited to the marriage relationship (Olson & Goral, 2003)

Flexibility in the relationship is to what extent changes in leadership including the negotiation styles, role relationships, and relationship rules are. Flexibility focuses on how to balance the stability of the system with the changes. According to the circumplex model, if there is balance of flexibility from spouses or families, spouses or families will function properly. Imbalance spouse and families tending to be in a stable area (*rigid*) or a severely altered area (*chaotic*) will make the families in trouble. Communication is a facilitating dimension in circumplex models that will facilitate spouses or families to change the level of cohesion and flexibility.

Communication between spouses and members of the family is measured through concentration of the family as a group with respects to skills of listening, speaking, self-disclosure, explaining, continuity tracking, respect and appreciation (Olson, 1999; 2000). It can be concluded that the marriage can work when there is cohesiveness balance, flexibility, and good communication in marital relationship.

Husband or wife who has a balanced relationship do not feel depressed because each has mutual support. In adolescence period, individuals are

through many changes both quantitatively and qualitatively and as result they have to adjust themselves. According to Hetherington & Parke (1986), parents are models for teens in the socialization process. Therefore, parents having a balance relationship will be a good model for their children.

In general, the relationship between marriage and adolescent behavior problem is mediated by parenting (Cui & Conger (2008; Leidy et al., 2007; Gerard, 2008; Schoppe-sullivan, 2007; Benson, et al., 2008). In a family system, in addition to a marital subsystem, there is also a subsystem or relationship between parents and children or so called parenting as stated in the previous studies by Simons & Roberson, 1989; Meteyer & Perry Jenkins, 2009; Stranger (2004), Benson, et al., 2008; Walsh, et al., (2010)

Peer is an environmental factor that requires more attention in addition to family factors in relation to adolescent behavior. According to Dumont and Provost, peer group understands more about the values and behavior or subculture from adolescents themselves (Dacey and Travers 2004). Research conducted by Murg & Windle (1990) states that peers who deviate are associated with externalizing problem behavior especially when combined with the level of antisocial behavior and negative society. Peer contact has a negative relationship with problem behavior especially delinquency behavior compared to aggressive behavior (Reitz, 2007). Popularity among peers in negatively related to aggressive behavior. (Hymel, 1990). Some previous studies also state that peer also mediates the relationship between parenting and self-adjustment capability (Lansford, et al., 2003; Simons & Robertson, 1989).

## METHODS

### Participants

The participants were 169 adolescents from 12-15 years of age who are sitting on grade 7 at one of state junior high schools in Surabaya.

### Measures

Data collection used four psychological scales. Participants filled out self-report about the balance of the parent relationship, parenting effectiveness, and closeness to deviant peers.

The scales of the parent relationship balance used were circumplex model of marital and family system from Olson (2000). The reliability estimation of parent relationship balance scale conducted by calculating *alpha-cronbach* value showed that coefficient of  $\alpha = 0.940$ .

Parenting effectiveness scale used referred to SIL Model consisting of discipline, monitoring, positive involvement, skill encouragement and problem solving (Forgatch, 2004). In this research, parenting effectiveness scale was divided into two namely teen perception on paternal and maternal parenting. The reliability estimation of the effectiveness maternal.



parenting conducted by calculating *alpha-cronbach* value showed that coefficient of  $\alpha = 0.870$ . Whereas, The reliability estimation of the effectiveness of paternal parenting conducted by calculating *alpha-cronbach* value showed that coefficient of  $\alpha = 0.855$ .

Closeness to deviant peers scale used was referred to research variables regarding deviant peer from Scramella (2002), Mount (2002) and The Index of Peer Relation (Khurshid & Rahman 2006). The reliability estimation of the closeness to deviant peers scale conducted by calculating *alpha-cronbach* value showed that coefficient of  $\alpha = 0.861$ .

The scale of tendency of externalizing problems in adolescents used referred to Achenbach (Mash & Wolfe, 2006) consisting of delinquent behaviors and aggressive behaviors. Delinquent behaviors include rule violations such as running away, setting fire, stealing skipping school, drugs, and committing act of vandalism. Aggressive behavior includes fighting, destructiveness, disobedience, showing off, and being

disruptive at school. The reliability estimation of the scale of the tendency of externalizing problems in adolescents conducted by calculating *alpha-cronbach* value showed that coefficient of  $\alpha = 0.949$ .

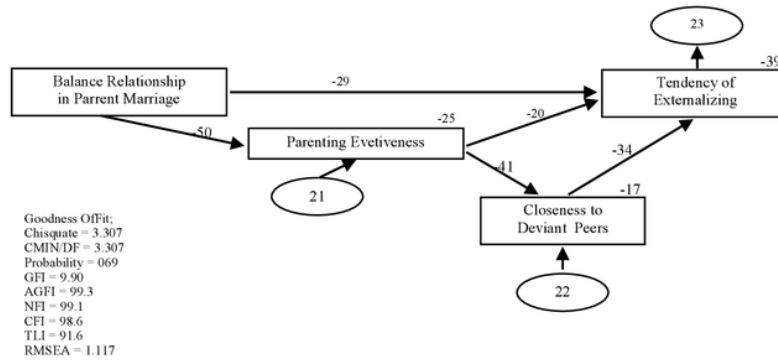
**Data analysis**

Data were analyzed using Structural Equation Modelling (SEM) particularly path analysis.

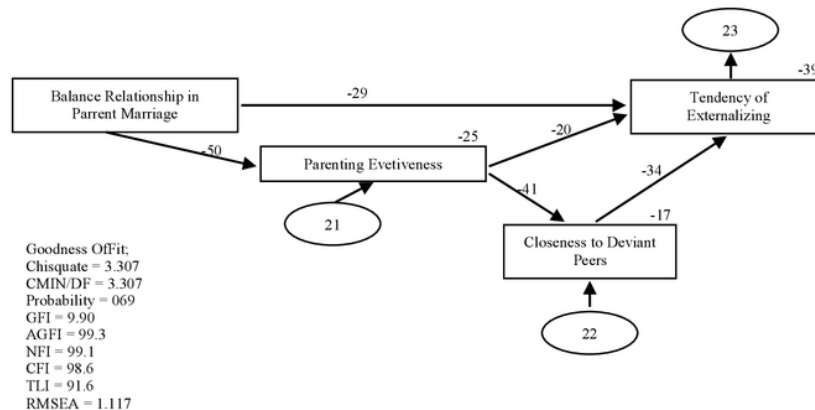
**RESULTS**

Hypothesis test was conducted using *Structural Equation Modelling* (SEM) particularly path analysis with the help of AMOS 6 program. This statistical analysis indicated that there is the fit of model with the hypothesized data found in the field. The results are presented on picture 1 (maternal parenting) and picture 2 (paternal parenting).

The test of theoretical model resulted in index of goodness-of-fit as presented in table 1 (maternal parenting) and table 2 (paternal parenting).



Picture 1. Empirical model of parent relationship balance and tendency of externalizing behavior on adolescents with maternal parenting effectiveness closeness to deviant peers as mediator



Picture 2. Empirical model of parent relationship balance and tendency of externalizing behavior on adolescents maternal parenting effectiveness and closeness to deviant peers as mediator.



The result of *goodness of fit* showed that the model was good and it can be used despite its limitations. The limitations were caused by several points below :

1. CMIND/DF only showed poor acceptance level because it did not meet the maximum limit of  $d^2$ .
2. RMSEA showed that the value of 0,117 was higher than the acceptance level that is  $d^2$  0,08.

Table 1. Evaluation of *goodness-of-fit* model criteria (Maternal Parenting)

Goodness of Fit	Analysis Result	Cut-off Value	Remarks
$\chi^2$ -Chi-Square	3.307	Expected to be small	Fair
Probability	0.069	$\geq 0.05$	Good
CMIND/DF	3.307	= 2	Poor
GFI	0.990	$\geq 0.90$	Good
AGFI	0.903	$\geq 0.90$	Good
TLI	0.916	$\geq 0.90$	Good
NFI	0.981	$\geq 0.90$	Good
CFI	0.986	$\geq 0.95$	Good
RMSEA	0.117	= 0.08	Poor

The result of *goodness of fit* showed that the model was good and it can be used despite its limitations. The limitations were caused by several points below :

1. CMIND/DF only showed poor acceptance level because it did not meet the maximum limit of  $d^2$
- 2.

2. RMSEA showed that the value of 0,117 was higher than the acceptance level that is  $d^2$  0,08.

It can be concluded that the fit between theoretical model of balance relationship in parent marriage correlated both directly and indirectly with tendency of externalizing behavior on adolescents (parenting effectiveness and closeness to deviant peers as mediator) with empirical data.

Table 2. Evaluation of *goodnes-of-fit* model criteria (Paternal parenting)

Goodness of Fit	Analysis Result	Cut-off Value	Remarks
$\chi^2$ -Chi-Square	3.014	Expected to be small	Fair
Probability	0.083	$\geq 0.05$	Good
CMIND/DF	3.014	= 2	Poor
GFI	0.991	$\geq 0.90$	Good
AGFI	0.912	$\geq 0.90$	Good
TLI	0.927	$\geq 0.90$	Good
NFI	0.982	$\geq 0.90$	Good
CFI	0.988	$\geq 0.95$	Good
RMSEA	0.109	= 0.08	Poor

The result of path coefficient test are presented in table 3 (perception on maternal parenting) and table 4 (perception on paternal parenting) below.

Based on table 3, the interpretation of each path coefficient is as follows :

Table 3. The result of path coefficient test (perception on maternal parenting)

Variabels	Coefficient	C.R.	Prob.	Remarks
Balance relationship in parent marriage → Parenting effect iveness	0.497	7.434	<0,001	significant
Parenting effectiveness → closeness to devian perrs	-0.414	-5.895	<0,001	significant
Balance relationship → tendency of externalizing problems	-0.292	-4.179	<0,001	significant
Parenting effectiveness → tendency of externalizing problems	-0.198	-2.712	0.007	significant
Closeness to deviant peers → tendency of externalizing problems	0.339	5.088	<0,001	significant





- a. Balance relationship in parent marriage has significant positive influence on parenting effectiveness.
  - b. Parenting effectiveness has significant negative influence on closeness to deviant peers.
  - c. Balance relationship has significant negative influence on tendency of externalizing problems.
  - d. Parenting effectiveness has significant negative influence on tendency of externalizing problems.
  - e. Closeness to deviant peers has significant negative influence on tendency of externalizing problems.
- Based on Table, the interpretation of each path coefficient is as follows.

Table 4. The result of path coefficient test  
 (Perception on paternal parenting)

Variabels	Coefficient	C.R.	Prob.	Remarks
Balance relationship in parent marriage → parenting effectiveness	0.503	7.550	<0,001	significant
Parenting effectiveness → closeness to deviant peers	-0.421	-6.008	<0.001	significant
Balance relationship → tendency of externalizing problems	-0.299	-4.246	<0.001	significant
Parenting effectiveness → tendency of externalizing problems	-0.179	-2.430	0.015	significant
Closeness to deviant peers → tendency of externalizing problems	0.344	5.120	<0.001	significant

- a. Balance relationship in parent marriage has significant positive influence on parenting effectiveness.
- b. Parenting effectiveness has significant negative influence on closeness to deviant peers.
- c. Balance relationship has significant negative influence on tendency of externalizing problems.
- d. Parenting effectiveness has significant negative influence on tendency of externalizing problems.
- e. Closeness to deviant peers has significant negative influence on tendency of externalizing problems.

From the calculation above, it can be seen how big the effective contribution from the coefficient of determination is. The number of the coefficient of determination of tendency of externalizing behaviors on early adolescent is as follows:

- a. In perception in maternal parenting,  $R^2 = 0,393$ . It means that 39 percent of variation of tendency of externalizing behaviors is predicted through variables of balance relationship in parent marriage, parenting effectiveness, and closeness to deviant peers.
- b. In perception in maternal parenting,  $R^2 = 0,393$ . It means that 39 percent of variation of tendency of externalizing behaviors is predicted through variables of balance relationship in parent marriage, parenting effectiveness, and closeness to deviant peers.

#### DISCUSSION

In structural equation involving many variables and path between variables, there was an effect between variables including direct, indirect and total effect.

There was direct effect between variables both on paternal and maternal parenting. Those two effects were obtained from parent relationship balance. The largest positive direct effect was the effect on the effectiveness of parenting. Furthermore, this parenting effectiveness had a negative direct effect on closeness to deviant peers. Then, the closeness of deviant peers had a positive direct effect on the tendency of externalizing behaviors.

Indirect relationship occurs between exogeneous variable (balance relationship in parent marriage) and endogeneous variable (tendency of externalizing behaviors) with parenting effectiveness and closeness to deviant peers mediator variables. Indirect effect from exogeneous variable on endogeneous variable showed that balance relationship in parent marriage through closeness to deviant peers gives the largest indirect effect (negative) on tendency of externalizing problems.

Total effect is the sum of direct and indirect effect occurring between exogeneous variable (balance relationship in parent marriage), mediator variables (parenting effectiveness and closeness to deviant peers) and endogeneous variable (tendency of externalizing behaviors). The total result concerning the direct and indirect effect occurring between exogeneous variable and endogeneous variable showed that relationship in parent marriage gives the largest direct effect on the effectiveness of maternal parenting. Next, closeness to



deviant peers gives positive direct effect on tendency of externalizing behaviors.

The same thing happens to paternal parenting. The total result concerning the direct and indirect effect occurring between exogeneous variable and endogeneous variable showed that relationship in parent marriage gives the largest direct effect on the effectiveness of paternal parenting. Next, closeness to deviant peers gives positive direct effect on tendency of externalizing behaviors.

Result of this study indicated that there was direct and indirect effect of balance in parent marriage relationship on the tendency of externalizing behaviors. The balance in parent marriage relationship on tendency of externalizing behaviors showed that the result of this study supported family systemic models. In a model of systemic family, subsystems in the family influence each other. Family systemic model states that parts of system will come together and become stable and it has a tendency to improve themselves called homeostasis. The balance in parent marriage relationship indirectly affect the tendency of externalizing behavior mediated by variable closeness to deviant peers. It is in accordance with the opinion of Haley (Lebow, 2005) stating that in systemic approach, the family as a system is the core of other social systems. The closest social system outside the family for early adolescents is their peers.

The findings of this study supported the research conducted by Barnes & Olson (1985) stating that in a well-balanced family, there is cohesiveness and good adaptation. Those two characteristics will lead to satisfaction feeling in the family which in turn will lead to effective communication between parent and teens. Furthermore, Barnes & Olson findings demonstrate that the effectiveness of parent – teen communication affect satisfaction in all quality of life. Thus, the findings of this study showed an existence of a balance relationship of father and mother and it will result in an effective communication between parents and teens. It means that parents can raise teenagers effectively.

Parents who are able to give encouragement and reinforcement to children to perform prosocial behavior will lead children to have an understanding of social systems. Social relationships will help children form the capabilities of reasoning, role-taking, moral reasoning and having empathy. Teens who have these skill, will be able to socialize adaptively in accordance with appropriate norm so that teens will not have delinquent and aggressive behaviors. Parents who are able to familiarize teens to be discipline in enforcing the rules by applying a moderate punishment when teenagers break the rules will make teens obey the rules in everyday life. Parents who effectively raise the children will apply discipline accompanied by an explanation. In that way, children will understand social system and social relations. Whereas, parents who apply strict discipline to their children will make children

search for attention outside their home. Fuligni & Eccles in Mounts (2002) states that when teens are sure that their parent hold their power strictly, they will search for comfort from their peers.

Teens realizing that their parents always give attention to their existence will feel happy because they know that someone is watching over them. This condition will help children to be able to control themselves. Whereas, teens receiving less supervision are unhappy because they feel that they get less attention. This is consistent with the study conducted by Richardson (1993) stating that parents who monitor teens poorly will likely to have teens with bigger risks on committing negative behaviors such as smoking and drug abuse. Reserach conducted by Stanger, et al. (2004) indicates that there is no significant correlation between the lack of monitoring and the violations of the rules and between the incosistent discipline with the violation of the rules of the aggressive behavior and attention problems.

Effective parenting means that parents teach their children skills on how to confront something and how to negotiate rules. These skills are required by early adolescents because during early adolescence period, adolescents experience changes in cognitive and emotional development. These will changes will influence the way teens deal with rules they encounter throughout their life. The negotiation skills will help teens to decrease emotional burst so that they are able to respond appropriately to stimuli of surrounding environment and as a result, teens will get a positive response from the environment.

The result of the study showed that closeness to deviant peers had a direct effect on the tendency of externalizing behaviors. According to Brown (in Steinberg, 2002), early teens pay more attention to their groups. Hence it is difficult for them to say no to their group. Scaramella, et al (2002), Clark, et al and Kandel (Snyder, 2002) states that the influence of peers on delinquent behavior is strong. It happens because there is a learning process and it gets reinforcement from peers. When teens spend most of the time with their peers, they tend to imitate their peers behavior.

The result or *Structural Equation Modeling* (SEM) indicated that the coefficient of determination of the tendency of externalizing behaviors on early adolescents both on maternal and on paternal parenting was  $R^2 = 0,393$  and  $R^2 = 0,389$  respectively. It meant that 39% of the tendency of externalizing behaviors on early adolescents was affected by variables such as balance relationship in parent marriage, parenting effectiveness, and closeness to deviant peer. This findings show that there are 61 % of other variables affecting the tendency of externalizing behaviors on early adolescents.



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