

**THE ADOLESCENTS’ DISCLOSURE PROCESS COMMUNICATE THEIR PERSONAL PROBLEMS WITH PARENTS AT SMAN 3 SURAKARTA**

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**Abstract**

This study describes communication systems between adolescents with parents in communicating personal problems. The purpose is knowing how the adolescents’ disclosure process communicate their personal problems with parents, the importance of the adolescents’ disclosure process communicate their personal problems with parents. From this research, it is known how to deal with children who become adolescent, so that they can be open to share their personal problems.

**Keywords:** Adolescents, Communicate, Personal Problems

**INTRODUCTION**

Nowadays, science and technology grow faster than message. This has an impact on the developments of the life. We realize it or not, those developments can not be separated from a communication as an important means. Communication is a means as a strong foundation to face the uncertainty future. In our life, communication can not be separated from human as social beings. Each individual always need each other to make interaction in a society . Moreover, in the family relationship, a communication can be a bridge to make a good relationship between parents and children.

In the past, the relationship between parents with adolescents was not complicated. This was because the adolescents always obeyed their parents’ decision. Disobeying their parents means rebellious. But today, giving an opinion is a right for every citizen, and it is supported by strong children’s right protection legislation which will give strength for children to express themselves or giving their opinion to agree or disagree about parents’ decision. Moreover, in this sophisticated era, the development of technology is increasing cause the adolescents’ desire to find out the other world, especially strong influences of western cultures and most of those cultures give negative impact for adolescents, for examples drugs, night life, hedonic style, alcohol, free sex and other things that make all parents worry.

Many parents complain that they have difficulty to communicate with their adolescents. Eventhough everything was running well before. But since children become adolescents, conflict and discrepancies often happen between parents and adolescents. Parents can not imagine why it is happened, who is blamed? Why does adolescents’ behaviour become difficult to control? Adolescence is a transition period or periods in human life through some changes that occur simultaneously. The inability of adolescents resolve the suppressive condition because of those changes, it often affects behavioral disorder. Some changes that occur in adolescents, include: physical changes, cognitive changes, social changes, and emotional changes.

A communication, both verbal and non- verbal is one of important aspects in the process of children’s education, it is also a stimulation to form the personality of children. If parents and their children can communicate well, then they can give and receive information, share their feelings, and give opinions to each other, so that they understand each other, and the conflict can be avoided. A disclosure through this communication will make the children feel that they are accepted and respected as a human. Otherwise, if there is no good communication between both of them, then their mental health condition can not develop very well.

In the process of children’s personality development, parents also take a role as educators that educate moral values and life values which will be a strong foundation for children’s mental growth and personality. Family is a place where children gain variety of knowledge. Through

parents' educating system, children will acquaint moral values, acquaint the good and bad action before they interact with a society.

The success of parents in educating their children about moral values is not because of their authority but rather on how to communicate those values that is adjusted with their intellectual development level. In fact, many parents cannot communicate with their children, especially adolescents. Why is that so? Many parents are not aware that responding (both verbal and non-verbal) in responding their children is causing barrier in communicating. Where the barrier can make children solve any issues with their friends of the same age, and this may be the beginning where the adolescents do not believe or even are afraid if they open with their parents.

From the explanation above, it can be understood that adolescents' developmental changes often make the adolescents frustrated (stress). The ability of adolescents resolves any issues very depends on how big the family's support especially their parents' support. The more support they get from their parents to solve any issues, the less frustrated they have.

Children are always close to their most important influencer, that is their parents. What is received and experienced by children in a family environment helps determining their attitude in the future that is reflected by their behaviour. A close relationship between adolescents with their parents has big effect on the disclosure process in a family relationship. Through the process of inter-personal communication, disclosure between adolescents with their parents will work well. By the disclosure process between adolescents with their parents in a family, so parents are able to control their adolescents easily. Otherwise, the lack of disclosure process in a family can be assessed by the minimum of interpersonal communication process that can be caused the parents get difficulty in controlling their children's development.

Education is essentially a personal and community development, therefore education determines the improvement of the quality of human resources in the future. Moreover, education is the responsibility of family, society and government.

## **LITERATURE REVIEW**

As a social beings, people need to interact with others. They want to know their surrounding environment, even they want to know what's going on inside themselves. That curiosity stimulus human to communicate. Professor Wilbur Schramm in Cangara (2004:1) says that: “without communication, it is impossible to form a society”. In addition, the group of communication bachelors who are focusing on the study of human communication states that:

“Communication is an exchange, a symbolic process that requires people to regulate their environment by building relationships among humans, through information exchange, to strengthen the attitudes and behavior of others, as well as trying to change those attitudes and behaviors”. (Book 1980 in Cangara, 2004: 18-19).

From the description above, communication can essentially be viewed from different dimension. If it is viewed as a process, communication is an activity of sending and receiving messages dynamically. Symbolically, communication uses various signs or symbols that expressed in the form of nonverbal (gestures, movement, and expression) and verbal (spoken and written language). While as a system, communication consists of elements that are interdependent and constitute an integrative unity. Communication will be effective if there is a same understanding and others are stimulated to think and do something. Thus, communication and effective communication is not the same thing.

Ruben & Stewart (1998) in (Liliweri, 2011:35) says that communication is something that is very essential for individual, alliance, group organization and society, it is a line that connects people with the world, how people make an impression on and to the world, communication as a medium for people to express themselves and influence others. Therefore, if people do not communicate then they will not be able to create and maintain a relationship with others in a

group, organization and society; Communication allows humans to coordinate all their needs with others. M. Benard Berelson and Garry A. Stainer in Ruslan (2005:5) argues “communication is the transmission of information, ideas, emotions, skills, etc. by using symbols or words, pictures, numbers, graphics.”

As one of an important things in human’s life, Harold D. Laswell (in Effendy, 2003:25) argues that one of the the function of communication is human can control their environment as well as can adapt to the environment in which they live. In addition there are some parties assess that by using good communication, human relations will begood.

Because, through some communication between people, we can expand our friendship, windfall, customers, and also we can keep good relation between senior and junior in a organization. In short, communication is to connect people and the society.

Interpersonal communication is very potential to influence or persuade others, because in interpersonal communication that occurs face to face, communicators can use the five senses to enhance persuasiveness that we communicate to communicant. Interpersonal communication doesn’t bound to a single topic, but it is free to change the subject.

Inter-personal communication is very potential to influence and persuade others, because of face-to-face inter- personal communication, communicators can use their five senses to persuade communicant. Inter- personal communication doesn’t bound to a single topic but it’s free to change the topic. In order to feel happy, we need a confirmation from others, that is a recognition in the form of feedback from others that shows that we are normal, healthy and valuable. The opposite of confirmation is disconfirmation, that is the rejection from others in the form of responses that show us that we are abnormal, unhealthy and worthless. We can get all those things from interpersonal communication, communication with other people.

## **METHOD**

Qualitative research is research that aims to understand the phenomenon of what is experiences by research subjects, such as behaviour, perception, motivation, action, and others (Kriyantono, 2007:69). Other than that, Descriptive method focuses on the discovery of facts as the actual circumstances. Descriptive method is doing an objective representation of the symptoms in the research problem. Representations were made to describe the symptoms as data or facts as they are. (Effendy, 1990:21).

The research is done in SMU Negeri 3 Surakarta, and occasionally researcher also visit students’ houses or places where students hang out. The study period is about September to December 2014.

## **RESULT AND DISCUSSION**

### **Various Views about Family**

Family is the reasonablepreparation source of individual maturity and personality structure. Children follow their parents and various habits and behaviours, thus, family is the most obvious, precise, and profound of another educational element. Family is one of the main element of educational entities development, creating social naturalization process, forming personalities and provide a variety of good habits for children for a long time. Family has a great impact in shaping individual behaviour as well as the vitality formation and tranquility in the children’s mind because through the family, children get language, moral values and their habits.

Families are responsible to educate children properly in the correct criteria, far from a deviation. Therefore a family has some duties and responsibilities. Those duties and obligations are responsible for saving the factors of love and peace at home, eliminating violence, family must oversee the education process, parents must have some plans as their duties.

Parents must create a peaceful atmosphere in the family and give their entire love to their children, giving more time for family time, overseeing the educational process of their children and doing their duties as father and mother. It can be said that the family is healthy and happy if it must have six criteria that is important for children's growth, they are religious life in a family, having more family time, consuming healthy food, appreciating each other, each member feels bound to each other as a group, if there are some issues in a family, they are able to solve it positively constructively.

### **Family's factor toward children's growth**

#### *Attention Balance*

In this case, it means the balance of parental attention on their duties, these duties must be comprehensive. Each duty requires full attention in accordance with the portions. If not so, there will be an imbalance. Everything that is charged to parents as duties are needed in child's growth, it means children need : (1). Family stability, (2). Education, (3). Physical and psychological maintenance, including religious life. If parents' attention toward those duties is not balance, it means there is children's need is unfulfilled.

#### *Family Disclosure*

Disclosure is a state which enables the availability of information that can be given and obtained by wider community. Disclosure is a condition that allows public participation in the life of state.

An intact family is family that comes with family members, those are: father, mother, and children. Otherwise, broken home family occurs when one of parents is away because of divorce or death, or both of them are away. Among the intact family and broken home family have different effect on children's growth. An intact family is not in the sense of father and mother is together, but in the sense of intact physically and psychologically. An intact family has full attention for their duties as parents.

A broken home family has less attention to their children. Father and mother do not have deal attention toward their children. A broken home family gives negative influences. A broken home family situation has a bad impact for child's growth. Child gets maladjustment.

Maladjustment is derived from family relationship that are unsatisfactory, frustration, and so on. Some of the investigation result show that naughty children (delinquent) are from broken home families. In a family, child needs the balance of attention and an affection from parents. In a broken home family, they don't get those things satisfyingly. Children get some difficulties and fall to a group of naughty children, so that they become naughty children (delinquent).

Sheldon and Eleanor Glueck relate the juvenile delinquency to some kind of broken home families. The naughty adolescents come from a broken home family than an intact family. But, children who come from a widower household, almost 50% probably become naughty rather than children who come from an intact family. Furthermore, children whose parents are "separate" are much more naughty. The probability of that family will produce naughty adolescents almost twice higher than the probability of an intact family that produce a naughty child. But, an intact family doesn't guarantee that they can handle the attitude of adolescents' behaviour, this is due behaviour pattern and freedom, closeness, as well as the flexibility of the parents in responding their adolescents' characteristic in this era, because all these things are very support for the adolescents' disclosure system toward their families.

#### *Addiction and Freedom in Children*

Every child and mother has very emotional relationship soon after the birth of the baby, but children's world develop quickly that include everything in a family. Ancient psycho analytic point of view, somewhat difficult to prove clearly, but according to many common studies, is

that little children will end their childhood by approaching emotionally to their parents which are in different gender. Boys emotionally is closer to his mother. Meanwhile, girls is closer to her father.

Parents instil a love relation with their children, but they use this emotional addiction to force their children to be independent. In other word, they were half engaged to force children to grow in order to be able to leave their family. Other relations also lead towards the same direction, because of a relationship, adolescents' or adult's love helps them to socialize with the society. In many societies, adolescence peer groups also help establish norms of non-familial, though where the adolescents adapt and therefore they can separate from their family. Especially in the west, a mixture of a peer group and school systems are impersonal weaken the sense of responsibility of the youth to his family. It is possible that in any society demands or sets some norms that are very different than what is already exist in the family, some kind of peer group will grow, to link the necessary transition between the two kinds of social structures.

In a complex society, particularly in societies that change quickly, an adolescent experiences more norms that are in contradiction and habitual compete with each step that is taken into the outside world. He could, if he wished, to use it (and every children learn to use the time to bargain with their parents) to justify behavior that is appropriate for them and of course in ways that are often at odds with the wishes of their parents.

#### *Attitudes and Habits of Parents.*

A family is a major social group in which children learn to be social beings. Household becomes the first place rather than the development of the social aspects. If the social interaction within the family (especially with parents) runs fairly, then children will be a worthy human in the future, otherwise, if the social interaction with parents is not good, then the social interaction generally is also not good. One indication of a good relationship between children and parents is that the children do not hesitate to share their feeling or their ideals to their parents.

Similarly, there are considerable differences between the answers of the two groups of children about sharing their feeling to their parents are: 39 % of delinquent children, compared to 14% of ordinary children stated that they had never done that. These answers at least declare that delinquent children are more likely to not share their feelings or ideals to their parents, rather than the ordinary children. This also confirms the importance of the social interactions at home should actually consist of sympathy and love, where those things guarantee a good relationship without suspicion between parents and children as well as normal development of the children.

The first mistake that parents often do is that communication is a natural skill, which acquired since they were born. Therefore they feel no need to learn more and improve their communication skills with others, including their children. Communication is not only knowledge, but also the art of associating. To master communication effectively, people must understand the process and be able to apply the knowledge creatively (Kincaid and Scrhamm, 1978: 2). Effective communication is communication which the meaning is similar and identical with communicators – in short effective communication is shared meaning (Verderber, 1978:7)

Although we generally learn to talk and listen to other people as easy as we learn to walk, the difference between normal speech and effective communication is like the difference between walking and dancing ballet. The effective communication requires sensitivity and skill that only we can do after we understand the process of communication and awareness of what we and others are doing when we are communicating. Learn effective communication is actually trying to understand what causes people to behave like what he did (Baird et al. , 1973: 5).

Thus, effective communication skills are not innate but learned. As stated Miller and colleagues (1975 : 11 ), A bit of our culture teach us how to cultivate its full potential. Parents should begin to communicate effectively with their children, even since the children were still in the womb. According to a study by the University Prenatal in the United States who was founded by Dr.

Rene Van Carr, an expert in obstetrics and gynecology in Hayward , California , says that teaching or training a communication to the baby who is still in the womb through a megaphone (called pregafon) shows that after the children are born and grow , they are able to communicate more early , weave words earlier , and understand something faster than peers who do not follow the "training" ( Tubbs and Moss , 1994: 5 ).

In essence, parents have the expectation that their children grow and mature into good children, know the difference between what is good and what is bad, do not easily fall into deeds that can harm others. These expectations will be more easily achieved if from the beginning parents have been aware of their role as parents that had great influence on the moral development of children. Children will learn from their parents how they should behave towards others, which behavior is good to do or to be avoided. But it does not mean that if children show immoral behavior, it is due to their parents, the individual and other environments around the children's life can also affect the mature of children's behavior.

So we can say that parents are not the only influential factor for the moral development of children, but parents can teach moral values to children as far as possible, by realizing their great role in children's life. In other words, parents play a major role in teaching, educating and giving an example or to be a role model to their children about good and bad behavior that should be imitated and to be done in accordance with valid moral values, and needs to be avoided in maturity and children's growth, who need to be guided to know, recognize, understand and then the children can apply their own behavior in accordance with valid moral values and norms in the family socialization.

Every adolescent is inseparable from problems. A problem is a conflict that occurs between each individual. Everyone needs someone else to solve his/her problems by conveying it, like communicating with parents at home. The process of communication that exists is called as interpersonal communication because it takes place face to face and dialogue.

Talking about transparency, then basically the disclosure refers to at least three aspects of interpersonal communication. First, effective interpersonal communicators should be open to the person whom they interact. This does not mean that people should immediately tell all his life history, it may be interesting, but it usually does not help communication. Meanwhile, there must be a willingness to be self-disclosure to reveal a hidden information, as long as self-disclosure is worth.

The second disclosure aspect refers to communicator willingness to honestly react to the stimulus coming. People who are silent, not critical, and unresponsive are generally a tedious conversation participants. We want people to react openly to what we say. And we have a right to expect this. There is nothing worse than indifference; even the disagreement is much more enjoyable. We show the disclosure by reacting spontaneously toward others. The third aspect concerns the "ownership" of feelings and thoughts (Bochner and Kelly , 1974: 37). Disclosure in this sense means admitting the feelings and thoughts that you are asking is indeed yours and you are responsible for it.

The closeness of the relationship between adolescents with parents are very influential on the disclosure process in family relationship. Through the process of inter-personal communication, the relationship between adolescents with their parents can work well. By the disclosure process in a family between adolescents and their parents, so the parents will not get difficulty in controlling their children. Otherwise the lack of disclosure process in a family is assessed by less of inter-personal communication process, and it can cause the difficulty of parents in controlling their adolescents' development.

## CONCLUSIONS

From the writing above, researcher concludes:

- 1) Communication is very important in a family relationship, it can be a very good link between parents and children to communicate.
- 2) In general, parents nowadays have difficulty to communicate with their adolescents. Even though, in the past everything was fine. But once the children become adolescents, conflicts or discrepancies often arise between adolescents and parents. Adolescence is a transition period or periods in the human life through some changes that occur simultaneously. Inability of the adolescents to resolve the suppressive conditions because of those changes often causes behavioral disorder. Some changes that occur in adolescents, include: physical, cognitive, social, and emotional changes.
- 3) The closeness relationship between adolescents with their parents are very influential on the process of disclosure process in a family relationship. Through the process of inter-personal communication, the disclosure between adolescent with their parents can work well. By the disclosure process in a family between adolescents with parents, then parents will not have difficulty in controlling their children. Meanwhile, the lack of disclosure process in a family relationship is assessed by less of interpersonal communication process and it may cause the difficulty of parents in controlling their adolescents' development.

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