

SELF-DISCLOSURE IN LATE ADOLESCENTS VIEWED FROM THE DIFFERENCE IN PARENTING STYLES

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ABSTRACT

Late adolescence is a stage of development characterized by increased social interactions outside the family environment. These interactions play a role in shaping the way adolescents express themselves and share personal information, which relates to self-disclosure. Self-disclosure is a crucial aspect of adolescent social development because it contributes to the formation of interpersonal relationships. This study aims to analyze differences in self-disclosure among late adolescents in Jakarta based on the type of parenting style. This study used a quantitative approach with a non-experimental design. Participants totaled 509 individuals aged 18-22 years who were selected using convenience sampling techniques in a non-probability method. The research instrument consisted of two measurement scales. The first scale, Parental Acceptance/Responsiveness and Parental Demandingness/Control, adapted from Baumrind's theory, was used to identify four types of parenting, namely authoritative, authoritarian, permissive, and neglectful. The second scale, Revised Self-Disclosure Scale (RSDS), was adapted from a measurement tool developed by Wheelless to assess adolescents' self-disclosure. Data were analyzed using One-Way ANOVA test. The results of the analysis showed that there was no significant difference between paternal and maternal parenting and adolescents' self-disclosure ($F = 0.911$, $p = 0.552 > 0.01$). This finding indicates that adolescents' self-disclosure is not directly influenced by parenting, so further studies are needed related to other factors that can contribute to self-disclosure in late adolescents.

Keywords: parenting style, self-disclosure, late adolescence

1. PREFACE

Adolescence is a transitional period between childhood and adulthood characterized by biological, cognitive, and socio-emotional changes. Santrock (in Naqiyah, 2018) refers to the age of 10-13 years as early adolescence and 18-22 years as late adolescence. According to Havighurst (in Meiliana, 2022), one of the developmental tasks of adolescence is to build more mature relationships with peers, both male and female. To fulfill this developmental task, social skills are needed.

According to Buhrmester (in Naqiyah, 2018), late adolescents need to have social skills to establish harmonious relationships with their social environment. One important aspect of social skills is self-disclosure. If social skills are weak, late adolescents tend to feel isolated or lonely. Kompas.id quoted a survey by Manuela Barreto from the University of Exeter reported in Personality and Individual Differences (Arif, 2021), showing that loneliness is most commonly experienced by 16-24 year olds, with a peak at the age of 19 (Shovestul et al., 2019). Prolonged loneliness can impair mental health and trigger self-harm behaviors (Tan et al., 2021). Loneliness arises when late adolescents fail to establish relationships or are less open to others, so disclosure is very important to prevent isolation and loneliness.

According to Devito (in Mulia & Raihana) self-disclosure can be done verbally and nonverbally. Verbally, self-disclosure is done by conveying thoughts, feelings, views, ambitions, hopes, fears, or pleasures to others. Meanwhile, nonverbally, self-disclosure can be seen in body language, clothing, tattoos, jewelry, and other things that reflect one's personality and life. The ability of late adolescents to share personal information with others varies. Not all adolescents at this age

find it easy to open up due to various obstacles, such as confusion in self-discovery, stress, failure to achieve targets, or fear of criticism. As a result, they tend to be reluctant to open up. This inability can lead to difficulties in communication, for example within the family, where adolescents often limit discussion of personal issues.

Johnson (in Naqiyah, 2018) states that adolescents who are unable to open themselves will experience communication difficulties, such as difficulty expressing opinions, expressing ideas, or feeling anxious when speaking. These difficulties often start from relationships within the family. Kompas.id reports that teenagers who are often scolded and not given the opportunity to explain their actions tend to close themselves off, which can cause psychological trauma. In fact, an extreme case occurred when a 22-year-old late adolescent poisoned his family because he harbored long-standing resentment towards his parents (Sulistyo, 2022).

According to Lestari (2021) in idntimes.com, some of the reasons late adolescents are reluctant to open up to parents include: parents rarely invite children to talk, don't care about children's stories and daily lives, often cut off conversations so that children lose confidence, leak children's secrets as jokes, are not open about children's lives, and often have negative prejudices and blame children. In addition, a lack of appreciation for children's achievements can also make them more withdrawn.

Based on an online survey by Naqiyah (2018), many late adolescents do not open up to their parents because they feel bad, fear of being judged, or fear of being scolded. Although some adolescents feel comfortable expressing their opinions, they tend not to open up for personal issues. Another survey by Amita & Wahyuningsih (2020) found that some adolescents closed themselves off because they felt able to solve their own problems. In addition, parents who are busy working often do not have time to communicate with their children except for financial matters. The results of a survey of 15 random teenagers showed that 7 people (46.6%) rarely told their parents, 4 people (26.6%) almost never, and 4 people (26.6%) only occasionally told their parents.

According to Gunarsa (in Amita & Wahyuningsih, 2020), to avoid the negative impact of late adolescents' lack of disclosure to parents, a harmonious family atmosphere is needed which is created through parental parenting. Grolnick (in Amita & Wahyuningsih, 2020) added that good parenting helps children feel safe and responsible for their actions. Conversely, lack of communication and tension in the family can make children move away from parents, seek their own desires, and risk showing negative behavior. Therefore, parenting plays an important role in late adolescent development.

Parental care is the right of every teenager. The parenting style applied by parents in educating children has an impact on various aspects of children's lives, both now and in the future. Embalsado's research (2021) states that the development of individual identity in early adulthood is influenced by the values socialized in the family environment. Caregiving is not only carried out by one parent, but involves the role of father and mother to shape self-disclosure in late adolescents. Martinez (in Naqiyah, 2018) explains that the attitude of self-disclosure is not innate from birth, but rather develops through a learning process throughout life, where the role of parents as caregivers since childhood is very important.

This research is based on three previous studies. First, Meiliana (2021) found a positive relationship between parenting patterns and the disclosure of class X adolescents at SMAN 11

Pekanbaru. The better the parenting, the higher the adolescents' self-disclosure. Second, Amita & Wahyuningsih (2020) also found a positive relationship between facilitative parenting and adolescent self-disclosure. The higher the facilitative parenting, the higher the adolescents' self-disclosure, and vice versa. Third, Purnamasari (2016) showed that parenting patterns contributed 11% to the disclosure of class X adolescents at SMK Negeri 02 Salatiga.

The three studies both show a positive relationship between parenting patterns and adolescents' self-disclosure. However, these studies do not explain the types of parenting patterns that influence adolescents, because they only display the results of the final score of the relationship between parenting patterns and self-disclosure. In fact, the parenting provided by fathers and mothers can be different, so it is not yet known whether adolescents are more influenced by paternal or maternal parenting. Therefore, the relationship alone is not enough; it is necessary to further investigate the differences in the types of parenting of fathers and mothers that affect adolescents' self-disclosure. Based on this, the researcher feels the need to examine late adolescents' self-disclosure from different types of parenting, to find out the extent to which these differences affect late adolescents' self-disclosure.

2. RESEARCH METHOD

Sample

The population in this study were late adolescents in the Jakarta area. The research sample was selected using convenience sampling technique, which is by selecting a sample from a large population without specific criteria. Since the research population is in Jakarta, which is a large population, the number of participants was determined using Walpole's (2017) formula as follows:

$$n = \frac{Z\alpha / 2^2}{4e^2}$$

Description:

n = number of samples

$Z\alpha/2$ = the size of the confidence level, $\alpha = 0.05$ (95% confidence level means $Z_{0.05} = 1.96$)

e = standard error or error tolerance limit (5% = 0.05)

$$n = \frac{(1.96)^2}{4(0.05)^2} = \frac{3.8416}{0.01} = 384.16 = 385 \text{ Participants}$$

Measurement

The measuring instrument used is the Pattern of Parental Authority developed by Baumrind (1971) and has been translated by Wijaya (2012) to measure parenting and the Revised Self-Disclosure Scale developed by Wheelless (1978) and has been translated by Pangestu and Ariela (2020) to measure self-disclosure.

The questionnaire used in this study uses a 5-point Likert scale (1 being never to 5 being always) for parenting options and a 7-point Likert scale (1 being strongly disagree to 7 being strongly agree) for self-disclosure options. The Pattern of Parental Authority questionnaire consists of 56 items which are 16 parental acceptance/responsiveness items and 12 parental demandingness/control items. Revised Self-Disclosure Scale (RSDS) consists of 31 items which are 4 items of intent dimension, 7 items of amount dimension, 7 items of positiveness dimension, 5 items of depth dimension and 8 items of honesty/accuracy dimension. The researcher

conducted reliability and validity tests on 509 participants. The validity test was conducted using Item Total Correlation and items that were invalid or below 0.2 were decided to be discarded, while the reliability test was conducted using Cronbach's Alpha.

The results of the reliability test on the father's parenting dimension of parental responsiveness value is 0.93, parental demandingness value is 0.76. While the results of the reliability test on the mother's parenting dimension of parental responsiveness value is 0.93, parental demandingness value is 0.74. Furthermore, the results of the reliability test on self-disclosure were obtained at Alpha Cronbach for the intent dimension, the value was 0.87, the amount dimension was 0.71, the positiveness dimension was 0.83, the depth dimension was 0.83 and the honesty / accuracy dimension was 0.76. Then the validity value of each item is above 0.20 for two variables, so no items are discarded.

Because this study examines the differences between types of parenting patterns and the disclosure of late adolescents, the study uses a difference test or One-Way ANOVA, to see differences in the types of parenting patterns of fathers and mothers that affect the disclosure of late adolescents. Before using the difference test, a normality test was conducted with the results of $p = .088$ ($p > .05$) for the parenting variable and $p = .2$ ($p > .05$) for the disclosure variable, so that the data was normally distributed and could be continued with the One-Way ANOVA test.

3. RESULTS AND DISCUSSIONS

Based on the data collected, parenting patterns applied by mothers and fathers were classified into four categories, namely authoritative, authoritarian, permissive, and neglectful. Participants who scored high on the demandingness and responsiveness dimensions were categorized as authoritative parenting. Participants who scored high on the demandingness dimension but low on the responsiveness dimension were categorized as authoritarian parenting. Furthermore, participants who scored low on the demandingness dimension but high on the responsiveness dimension were categorized as permissive parenting. Finally, participants who scored demandingness and responsiveness dimensions will be classified into neglectful parenting.

The number of participants in this study totaled 509 people, and there were several participants who were not included in the 4 categories, or referred to as uncategorized, totaling 85 people. So that the total participants in this study who fell into 4 categories amounted to 424 people in the parenting of fathers and mothers. Then the number of participants who have a father's parenting style in the authoritative category is 188 people (44.3%), the number of participants who have a father's parenting style in the authoritarian category is 67 people (15.8%), the number of participants who have a father's parenting style in the permissive category is 104 people (24.5%), and the number of participants who have a father's parenting style in the neglectful category is 65 people (15.3%), is attached in the following table.

Table 1
Frequency on Father's Parenting

<i>Parenting Styles</i>	<i>Frequency</i>	<i>Presentation</i>
Authoritative	188	44.3
Authoritarian	67	15.8
Permissive	104	24.5
Neglectful	65	15.3
Jumlah	424	100

Furthermore, the number of participants who had a father's parenting style categorized as authoritative was 188 people (44.3%), the number of participants who had a father's parenting style categorized as authoritarian was 67 people (15.8%), the number of participants who had a father's parenting style categorized as permissive was 104 people (24.5%), and the number of participants who had a father's parenting style categorized as neglectful was 65 people (15.3%), is attached in the following table.

Table 2
Frequency on Mother's Parenting

<i>Parenting Styles</i>	<i>Frequency</i>	<i>Presentation</i>
Aurhotitative	321	65.7
Authoritarian	32	7.5
Permissive	60	14.2
Neglecful	11	2.6
Jumlah	424	100

The descriptive analysis test was carried out on each dimension of self-disclosure. Self-disclosure uses a 7-point Likert scale so that the hypothetical mean on this scale is 4. The results of the descriptive analysis are known to be Empirical Mean = 4.38 > Hypothetical Mean = 4, which states that the level of self-disclosure in the participants of this study tends to be high, that is, late adolescents tend to be able to share their personal information with significant others.

Differences in the type of father's parenting in terms of disclosure were measured using One-way ANOVA. This difference test shows the value of $F = 2.959$ and $p = 0.032 > 0.01$. This indicates that it fails to reject the null hypothesis. So there is no difference in self-disclosure in terms of father's parenting. Based on the data obtained, the highest mean value of self-disclosure is obtained from authoritative parenting, is attached in the following table.

Table 3
Test of Differences in Types of Father's Parenting with Self-Disclosure

<i>Parenting Styles</i>	<i>Mean</i>	<i>F</i>	<i>p</i>	<i>Interpretation</i>
Aurhotitative	4.51*	2.959	0.032	No Significant
Authoritarian	4.39			
Permissive	4.37			
Neglecful	4.26			
Jumlah	4.4216			

Because the results of the test for differences in types of parenting patterns with self-disclosure were not significant, the Turkey test was not continued with the PostHoc Test.

The difference in types of maternal parenting in terms of disclosure was measured using One-way ANOVA. This difference test shows the value of $F = 0.277$ and $p = 0.842 > 0.01$. This indicates that it fails to reject the null hypothesis. So there is no difference in self-disclosure in terms of maternal parenting. Based on the data obtained, the highest mean value of self-disclosure is obtained from the mother's authoritative parenting style, is attached in the following table.

Table 4*Test for Differences in Mother's Parenting Type with Self-Disclosure*

Parenting Styles	Mean	F	p	Interpretation
Aurhotitative	4.43*	0.277	0.842	No Significant
Authoritarian	4.34			
Permissive	4.39			
Neglectful	4.36			
Jumlah	4.4216			

Because the results of the test for differences in types of parenting patterns with self-disclosure were not significant, the Turkey test was not continued with the PostHoc Test.

Differences in the types of parenting of fathers and mothers in terms of self-disclosure were measured using One-way ANOVA. This difference test shows the value of $F = 0.911$ and $p = 0.552 > 0.01$. This indicates that it fails to reject the null hypothesis. So there is no difference in self-disclosure in terms of maternal parenting. Based on the data obtained, all mean values of parenting types are above the empirical mean value of self-disclosure. However, the highest self-disclosure is obtained from the parenting of authoritative fathers and authoritative mothers, is attached in the following table.

Table 5*Test for Differences in Parenting Types of Father and Mother with Self-Disclosure*

Parenting Styles		N	Mean	Interpretation
Father	Mother			
Aurhotitative	Authoritative	168	4.51	Not Significant ($p = 0.552 > 0.01$). Mean Value > Empirical Mean Value Self-Disclosure = 4
Aurhotitative	Authoritarian	8	4.32	
Aurhotitative	Permissive	10	4.63	
Aurhotitative	Neglectful	2	4.89	
Authoritarian	Authoritarian	10	4.26	
Authoritarian	Aurhotitative	45	4.41	
Authoritarian	Permissive	11	4.37	
Authoritarian	Neglectful	1	4.63	
Permissive	Permissive	24	4.44	
Permissive	Aurhotitative	68	4.34	
Permissive	Authoritarian	9	4.38	
Permissive	Neglectful	3	4.36	
Neglectful	Neglectful	5	4.09	
Neglectful	Aurhotitative	40	4.34	
Neglectful	Authoritarian	5	4.03	
Neglectful	Permissive	15	4.16	
Jumlah		424	4.4216	

The results of the main analysis showed that paternal and maternal parenting patterns did not have a significant effect on adolescents' self-disclosure. Among the participants, authoritative parenting by both fathers and mothers was the most commonly reported, while other parenting styles were found in smaller proportions. Although certain parenting style combinations appeared to influence varying levels of self-disclosure, the differences were not statistically significant. This finding suggests that adolescents' self-disclosure is not solely determined by paternal and maternal parenting but may be influenced by other external and internal factors, such as social environment, interpersonal relationships, or individual personality traits.

Previous studies support this finding by showing that parental influence on self-disclosure is relatively limited. For instance, a study conducted at SMK Negeri 02 Salatiga found that parenting styles accounted for only 11% of adolescents' self-disclosure, while the remaining 89% was attributed to external factors such as social environment and individual personality (Purnamasari, 2016). Similarly, research conducted at SMP Negeri 2 Kebomas demonstrated that authoritative parenting contributed 32.8% to adolescents' self-disclosure, with the majority of influencing factors coming from outside the parental domain (Naqiyah, 2018). These findings highlight that while parenting plays a role in adolescent self-disclosure, it is not the sole determining factor.

From a theoretical perspective, the Social Exchange Theory by Altman and Taylor (in Huda, 2020) explains that self-disclosure develops in tandem with the depth of interpersonal relationships. This means that adolescents are more likely to disclose personal thoughts and emotions when they feel a strong connection with others. Furthermore, Devito (in Purnamasari, 2016) emphasized that elements such as group size and mutual liking also influence self-disclosure, suggesting that adolescents might be more open in smaller, supportive peer groups where they feel accepted and comfortable.

Given these findings, it can be concluded that while parenting style contributes to adolescent self-disclosure, it is only one piece of a larger puzzle. The social environment, including peer relationships, school dynamics, and community interactions, plays a critical role in shaping adolescents' willingness to share personal information. Individual characteristics such as personality, self-esteem, and past experiences also significantly impact self-disclosure tendencies. Therefore, future research should explore a broader range of influencing factors to provide a more comprehensive understanding of what drives self-disclosure among adolescents.

4. CONCLUSIONS AND RECOMMENDATIONS

The One-Way ANOVA difference test was used as the main analysis to see the differences in the types of parenting of mothers and fathers on disclosure because the data were normally distributed. The results of the difference test showed that there was no significant difference between the types of parenting patterns of fathers and mothers with adolescents' self-openness.

This research contributes to the development of Psychology, especially Psychology of Adolescent Development. Therefore, there are several suggestions that can be seen from the theoretical and practical benefits. In terms of theoretical benefits, future research is recommended to use a dyadic approach involving children and parents so that the relationship between parenting and self-disclosure can be understood from both perspectives. In addition, the number of samples should be larger and more evenly distributed so that the research results are stronger and more representative. Future research can also add other variables, because adolescent self-disclosure is not only influenced by parenting, but also by other factors such as social environment, trust, peers, and culture.

In terms of practical benefits, parents are advised to apply authoritative parenting that emphasizes two-way communication, giving direction, and building adolescent independence. With this pattern, adolescents will be more comfortable in expressing their thoughts and feelings. Schools and related institutions can support parents by organizing parenting seminars or training. Workshops involving teachers and counselors can also strengthen support for adolescent

self-disclosure. In addition, schools can include programs that train self-disclosure in the character education curriculum.

Guidance and counseling services can also help adolescents build trust in parents and improve communication and social skills. Activities such as effective communication exercises can make them more confident in expressing their feelings. Parents are also advised to supervise their children's socialization wisely, as peers and social environment have a big influence on adolescents' self-disclosure.

In addition, society and communities can create an environment that supports adolescent self-disclosure by organizing positive activities. Youth communities or youth activity centers can also be a place for adolescents to express and communicate more openly. Parents can encourage their children to get involved in such communities so that they are more confident and have an environment that supports their development. With these suggestions, it is hoped that adolescents' self-disclosure can increase, supported by better parenting and a conducive social environment.

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