

Pengaruh Sikap Strict Parents Terhadap Kepribadian Anak Di Era Vuca

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ABSTRACT

The VUCA era (Volatility, Uncertainty, Complexity, Uncertainty) is known as the state of the world which is currently progressing very rapidly with all the developments in technology and information. Strict Parents is a parenting style that emphasizes the discipline and perfection that children must have. For example, children are often punished and even beaten by their parents if they don't obey. The purpose of this study was to analyze the psychological impact of very strict parenting styles on their children (Strict Parents). This research method was carried out with the help of written sources such as books and journals. The result of this strict parenting style is that children become insecure, nervous and have difficulty controlling their emotions and making decisions. Not many of them also suffer from psychological disorders such as stress. At its peak, children feel pressured and limited by their environment, thereby reducing the child's enthusiasm for learning and achievement.

Keywords: Strict Parents, Personality, VUCA Era.

Introduction

The family is the figure that brings children into this world, naturally it has the task of educating the child. Since childhood the child lives, grows and develops in that family. All the contents of the family fill the child's personality from the start. In this case, of course, the role of the father and mother is very decisive, especially in the parenting style that is applied. At this time we are in the VUCA era, which is where the world is currently experiencing very rapid progress with all the developments in technology and information. To be able to survive in the VUCA era which is almost all digital, children must adapt for development in the ever-changing VUCA era. From the results of several literatures that parents must understand existing technology in order to become wise parents in educating children in the current VUCA digital era. Today's latest technological breakthrough, smart techno parenting is here as a form of education for children who are smart and able to keep up with the times by utilizing existing technology for the education of their children.

However, some of the parents still apply authoritarian parenting or what is often called Strict Parents. They always think that this parenting style is good for their children and they don't even realize that this is what has a lot of negative impacts on the child's personality. Strict Parents is a parenting style that gives full hope to their children to always follow the words, rules and instructions given. Highly assertive parents are very restrictive and do not give permission or justify rules by controlling their child's behavior.

In our own country, there are still many families or parents who still apply this parenting style. The phenomenon of Strict Parents is a topic that is discussed quite a lot by some children. One of them is the rampant number of cases found at this time, where teenagers consult psychologists with the diagnosis of having several mental disorders caused by strict parenting styles. In this case, it causes some children to become introverted or unable to socialize and interact well in the surrounding environment, in which many children suffer from mental disorders ranging from mild stress to depression.

Method

Making this paper uses the method of literature study or what is commonly called library research. M. Nazir (1998) which defines the study of literature as a data collection technique by reviewing books, notes, reports, literature and concerning the relationship to the problems raised by researchers. It is also stated that researchers may collect as much information data as possible from relevant literature, in order to achieve objective research results.

Results

The results obtained from the literature study method state that there are many significant impacts on the Influence of Strict Parents' Attitudes on Children's Personality in the VUCA Era. Children who are strictly restricted and severely punished by their parents result in the child's personality changing. According to Baumrind there are 3 types of parenting, one of which is authoritarian parenting, parenting is the attitude of parents who act tough and tend to be discriminatory, this causes children to become moody and have unfriendly, aggressive, disobedient and authoritarian attitudes. Parents who apply an excessively strict parental attitude will make the child's personality less good, the result is that the child is insecure, stressed, depressed, so that he often breaks the rules, is not open to parents and the child will feel scared and embarrassed when around other people. However, the attitude of strict parents from parents does not always have a negative impact, there is a positive impact from the attitude of strict parents applied by parents if it is handled wisely, that is, children will become accustomed to living in discipline, avoiding promiscuity, children will get used to rules, obey orders. parents and practice patience.

Discussion

1. Definition of Strict Parents

Strict parenting is the parenting style of parents who place full hope and desire on their children to always comply with the words, rules, and directions, as well as the directions given by the parents. Strict parenting is different from democratic parenting, in which democratic parenting always provides positive freedom for children, both in terms of activities and in determining life goals in the future. Strict parents' parenting style always sets standards that must be obeyed by children accompanied by various forms of threats given to children and will scold children if they don't follow the words and

orders of these parents, be it threats in the form of words or in the form of physical violence against children.

This form of parenting encourages parents to always supervise and emphasize that their children must obey all existing rules without exception and without any reason. This parenting style of strict parents can also be called authoritarian parenting, in which the authoritarian attitude itself is an attitude that does not want to listen to other people, in other words (only wants to follow one's own desires). Authoritarian parents will always manage everything that the child will do, both in terms of activities and in terms of making choices for the child's future without having to be rejected. So it is this authoritarian attitude that will damage the child's psychology because the child is too often under pressure.

2. Definition of Parenting

Parenting is the way parents consistently care for, guide, and educate children. The parenting style adopted by each family is definitely different because each parent has their own way and pattern of raising and guiding their children, this depends on the views of each parent. This behavior pattern will be felt by children from a negative or positive perspective, because the behavior pattern applied is relatively consistent from time to time. Parenting is also the way parents treat and guide their children which aims to improve and support children's development in any case, parents will provide protection, direct and educate their children and influence children's behavior in the application of everyday life.

3. Forms of parenting

The parenting method used by parents for children is the most important factor that determines a child's potential and character. There are many different parenting styles that serve as a guide for anyone who wants to create a perfect generation for the betterment of the nation. Each parent has their own parenting style with different characteristics and characteristics. In relation to the types of parenting parents, Baumrind categorizes parenting into three types, namely (a) permissive parenting, (b) democratic (authoritative) parenting, (c) authoritarian parenting.

The three types of parenting according to Baumrind are almost the same as the types of parenting according to Hurlock, as well as Hardy & Heyes, namely:

a. permissive Parenting,

Permissive parenting is a parenting style without the application of discipline to children so that children will do anything according to their own decisions and will make children behave selfishly. The first permissive parenting pattern is that parents assume and feel confident that anaknya memiliki hak untuk tidak diinterfensi oleh orang tuanya. Apabila orang tua tidak terlalu banyak menuntut dari children, parents maintain warmth and want to respond to children (responsive). The second permissive parenting style is parents who have no convictions or beliefs about children's rights. but more grounded because they cannot control effectively the child's behavior. The characteristics are:

- a) Parents allow or allow their children to regulate the behavior they want and make their own decisions at any time.
- b) Parents have few rules at home.

- c) Parents demand little maturity of behavior, such as showing good behavior/manners or completing assignments.

b. Democratic or authoritative parenting

This democratic or authoritative parenting style is a form of parenting that emphasizes the individualism of children, encourages children to be independent, but parents are still in control of children, so that they will build a harmonious relationship between parents and children. So that authoritative parenting is one of the very good parenting patterns, namely a combination of demands (demandingness) and allowing (responsiveness) and has a very good influence on children's development. The characteristics of this authoritative parenting style are:

- a) Parents apply clear rules and standards and expect mature behavior from children.
- b) Parents emphasize rules by using sanctions when necessary.
- c) Parents encourage children to be free and encourage individually.

c. Authoritarian parenting

Authoritarian parenting is a parenting style that establishes rules and behaviors that are required to be followed rigidly and cannot be questioned. In this era, authoritarian parents are better known as Strict Parents. According to Baumrind, authoritarian parenting style has a very negative effect on children's social and cognitive abilities. So that it can have the effect of children not being able to get along with peers, always alone, feeling anxious and restless and worried when hanging out with peers. and more worried that they will have a low conscience. This authoritarian parenting pattern has a long-term impact on the continuity of the child's psychological development in socializing, having a low conscience will result in the personality of the adult child in the future. The characteristics of this parenting style are as follows:

- a) Parents seek to form. absolutely control and evaluate the attitudes and behavior of their children in accordance with the rules of their parents.
- b) Parents apply obedience to the best values demanding orders, working and maintaining traditions.
- c) Parents like to put pressure verbally and pay less attention to the problem of receiving and giving between parents and children.

4. Psychological Impact of Strict Parents Parenting

The psychological impact on children from strict parenting has both positive and negative impacts. However, it is undeniable that the negative impact outweighs the positive impact. Here are some of the positive effects of authoritarian parenting:

1. The child will get used to the rules
2. Discipline
3. Obey the orders of parents
4. Practicing patience
5. Avoid promiscuity

While the negative impacts are:

Children will have low emotional intelligence, easily experience depression, be aggressive, and often experience bullying from the school and surrounding environment, children will find it difficult

to adapt to a new environment, and excessive fear of new things. In addition, children often feel doubtful, insecure, will look nervous, stiff and sometimes reckless in doing something. This also causes children to often lie, to be secretive, to be dishonest with their parents about what they do outside the home, because they often do not gain the trust of their parents. Strict parents also trigger a child's mental health where the child will feel constrained, experience depression and have difficulty managing emotions and this can even lead to juvenile delinquency.

Children who experience strict parents always associate obedience and success with love and there are several other effects, such as:

1. Like to challenge
2. No initiative
3. Close yourself from the environment.

Even this does not rule out the possibility of causing children to have personality disorders. Hurlock (Syamsu and Juntika, 2007) suggests that unhealthy adjustment characteristics or unhealthy personalities are characterized by:

1. Easy to get angry
2. Shows worry and anxiety.
3. Often feel depressed.
4. Be cruel or like to bully younger people and bully animals.
5. Unable to avoid deviant behavior,
6. Accustomed to lying.
7. Hyperactivity.
8. Hostile to all forms of authority.
9. Enjoys criticizing or ridiculing others.
10. Trouble sleeping.
11. Lack of responsibility.

5. How to Overcome Strict Parents

Efforts to realize the positive effects of authoritarian parenting include that parents are expected to be able to provide clear rules and according to the needs of children. For example, such as teaching moral attitudes, manners and manners, and discipline. Follow the rules that authoritarian parenting can teach you from an early age. When parents use authoritarian parenting correctly, children will respect parents and other people, children are accustomed to rules, children can practice patience, children become more disciplined, children are more polite and polite in conversations with parents or more mature people.

Conclusion

Strict parenting is one of the forms of parenting, namely authoritarian parenting with the form of parents who have full hopes and desires for their children to always obey the words, rules, and directions, as well as the directions given by the parents. This parenting style tends to have a negative impact on the psychological condition of children, for example children will have low emotional

intelligence, easily experience depression, be aggressive, and often experience bullying from the school and surrounding environment, children will find it difficult to adapt to a new environment, and fear People who overdo things and even experience personality disorders. However, if handled wisely and not too much, this will also have a positive impact, namely the child will get used to the rules so that he lives a disciplined life and obeys the orders of his parents, exercises patience, and also avoids promiscuity. Especially in the VUCA Era which is progressing very rapidly with all the developments in technology and information, to be able to survive in a situation like this parents must be wiser and not overdo it with all the demands that exist so that children can adapt without any pressure.

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