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EFFECT OF PERSONAL GROWTH THROUGH THE ABILITY TO COPE THE PROBLEMS IN ADOLESCENCE

by:

Fatchiah E. Kertamuda
University of Paramadina, Jakarta, Indonesia

Abstract

This study aimed to determine the effect of personal growth through the ability to cope the problem in adolescents. The respondents of this study (N = 72) were 34 boys and 38 girls. Their ages ranged from 15 to 17 years. The study used a questionnaire of cope the problem by Olson and DeFrain (2006) and personal growth, from Ryff (1989). Technique of data analysis used is simple regression analysis. The result showed that personal growth has a very significant influence the ability to cope the problems among adolescent ($R^2 = 0.056$ and $p = 0.045$). This means that the existing contribution to the personal growth of the ability to cope the problem by 5.6%.

Keywords: personal growth, ability to cope the problem, adolescent

Introduction

Adolescent is a period filled with developments such as changes in the physical, psychosocial development and cognitive development. All of that makes adolescents face difficult situations not only for themselves but also in their relationship with parents and their environment. Difficult situation will affect development of adolescents in relation with the people around them, especially the relationship with parents. These circumstances affect the psychological discomfort and unhappiness for adolescents.

There are some problems faced by adolescents. A survey conducted by Johnston, O'Malley & Bachman (Fagan, 2006) showed that more than 4 out of 5 adolescents have consumed alcohol and drugs at high school graduation. Nearly two-thirds of 12th-graders and fifth grade 8 adolescents reported drinking alcohol once in his life. While more than half of American adolescents have used drugs. Dennis *et al* (Fagan, 2006) mentioned that the third cause of death in adolescents who use alcohol and drugs is a physical accident, suicide and homicide alcohol and drugs. Furthermore, research conducted by Easterbook & Emde, 1988; Fincham, 1994; Grych, 2002 (in Grundy *et.al*, 2007) argued that the conflict could lead to parents being emotional to adolescents so that they become less attracted to their parents.

Problems that occur in adolescence may be due to the inability of one of the influence of a group of adolescent. Conger in Jahja (2011) states that although the adolescent has reached a sufficient stage of cognitive development to determine their own actions, but the adolescent self-determination in their behavior influenced by pressure from peer groups.

Furthermore, problems that experienced by the adolescents may also caused of their crisis identity. Papalia and Olds (2001) stated that a process of self-searching is a unique person with an important role in life.

According to Rogers (1987) every individual has a purpose in life in order to grow and change. Development and change make person more open, more trusting of positive self-perception. Adolescent were also able to explore themselves to become more realistic, more confident, can drive themselves, has a positive value, more mature, able to socialize and adapt in behavior. They can cope with stress and healthy. Related to the ability to cope problems will help them to become a healthy person. They will also be able to make it grow and develop. Growth includes feelings towards the growth and development of the self as an individual, and open to new experiences, to realize their own potential and can see the progress of the self (Ryff in Chang, 2006).

Personal growth is a self-development in facing the problems. Low levels of personal growth associated with a sense of personal stagnation, lack of repairs from time to time, boredom, and a reluctance to develop new attitudes (Ryff in Pudrovskaya, 2010) Ability to deal with problems is a skill related to control the sources of the problems. This ability includes the use of personal and family as a resource to help, accept as part of a growing crisis rather than avoiding the issue, together face the problems and crisis in the family.

Adolescents in the process of self-growth will be influenced by the role of members in the family. Several studies (Adam & Blieszner, Matthews, Peters & Kaiser in Leibler & Sandefur, 1998) indicated that a family member is an important social network. The relationship is also important to get strengthen relationships in psychological wellbeing. Vigil and Geary (2008) suggested that adolescents from families who rely on the support of the community has a low self esteem, high levels of psychological distress and depressive symptoms than adolescents who are not overly dependent on the source of the community.

Methods

Participants

The respondents of this study consisted of 72 adolescents consisting of 34 boys and 38 girls. Their ages ranged from 15 to 17 years. The sampling method is simple random sampling.

Measures

This study uses two scales that have been adapted according to the needs of the research. The scale is the scale of personal growth from Ryff and scale the ability to cope the

problems developed by Olson and DeFrain. First is personal growth as an independent variable. Indicators of personal growth are open to new experiences, realizing potential and can see the progress yourself. According to Ryff (1989) that high scores on personal growth showed indicators such as growing feeling, seeing yourself as someone who grow and develop, open to new experiences, self-aware capability, looking at the development of self and behavior over time, which can change the way reflected self-knowledge and effective. While low scores indicate that having a personal undeveloped (stagnation), lack the desire to develop and grow, feel bored and uninterested in life, was not able to show the new attitudes and behaviors.

Second is ability to cope problems as a dependent variable. This Ability is the ability to accept as part of a growing crisis rather than avoiding the issue. The indicator of this variable included in the personal and family use as a source to help one another. According to Olson and DeFrain (2006) that high scores on the ability to cope the problem is shown by the ability of individuals in the face of a crisis, the crisis received as part of the growth. While low scores indicate that the inability in the face of crisis and accept the crisis as a threat.

This study used quantitative research methods. The analysis technique used is the statistical technique of simple linear regression analysis (Anareg) using SPSS version 16.0 for windows. The purpose of using this technique is to determine how the effect of independent variables to the dependent variable.

Results

This study aimed to determine the effect of growth on the ability to cope problems in adolescents. According to Table 1 the result that personal growth has a significant impact on the ability to cope problems in adolescents. This is evident from the results for $R^2 = 0,056$. This means that personal growth significantly influence the ability to cope problems in adolescents. Personal growth influence on the ability to cope the problem by 5,6%, while the remaining 94.4% is the influence of other variables not examined in this study.

Table 1.
Regression Analysis Results for Personal Growth Ability to cope with problems

R	R ²	F	Sig
0.237	0.056	4.174	0.045**

** p < 0,05

Predictor: *Personal growth*

Discussion

Related to the above findings, it shows that personal growth will influence a adolescent to cope the problems. This is in line with Arnett (in Kertamuda, 2009) that a conflict may arise in young growth step towards independence (autonomy). Furthermore, Watternberg (Mappiare, 2007) states that adolescents have the ability to control themselves like adults so expect a adolescentager to control his behavior in order to be accepted by the surrounding environment.

Nonetheless, adolescents still need the support of the family in dealing with the problem. Demo and Cox (Milardo, 2001) suggest that parental behavior is linearly related to the resulting child, such as family support, control, supervision, time with the children, and a pleasant behavior.

5 Based on the results of the study showed that the personal growth has significance in the adolescents. This is because personal growth can have an impact on how they have the ability to solve problems that occur either from yourself, the group and the environment. Baharuddin (2009) suggested that one of the adolescent developmental tasks to be mastered adolescents are learning what is expected then willing to form a group and their behavior to fit the expectations of society without being guided, supervised, encouraged. These results are also supported by McCandless and Evans (in Joseph, 2007), late adolescence is characterized by a strong desire to grow and develop in a mature to be accepted by peers, adults, and culture. In this period, adolescents gain a clear sense of what people expect of him.

Related to the results of the study also found that adolescents of other variables may also affect personal growth adolescent to have the ability to solve problems, such as the role of parents in preparing their children. According Singgih & Singgih (2004) that parents need to prepare various aspects so that children can develop and grow. Include the following aspects of personality, the timing of the study, preparation in the association, in preparation for other activities outside the learning, preparation for children to assess and act in accordance with the norms of society and religious norms. These aspects will help adolescents to act in accordance with public expectations of themselves as well.

Growth in adolescent self would still continue. Teens will be able to cope problems in the transition period when they have the support of the people closest to and from the environment. It is important for adolescents because of the transition that is sometimes difficult to make them get obstacles in solving everyday problems. Study Shek, Sastre & Ferriere (Rathi & Rastogi, 2007) showed that the quality of relationships within the family,

especially parents to be a major determining factor in the psychological well-being of adolescents. Good relationships between adolescents with the entire family, especially the parents are expected to improve the quality of adolescent self growth in the face of problems.

Positive personal growth in adolescents need to be complemented by having the readiness of their life. Readiness includes feelings towards the growth and development of himself as an individual. And also open to new experiences, to realize their own potential and can see the progress. Moreover, adolescents with personal growth will be able to pass through the stages of development in a sustainable manner and in accordance with the capacity of its development period.

Conclusion

Based on the research that has been done can be concluded that there is personal growth influence on the ability to cope problems in adolescents ($R^2 = 0,056$). This means that the existing contribution to the personal growth of the ability to cope problems in adolescents by 5.6%. This suggests that personal growth has a significant impact on the ability to cope problems in adolescents.

Suggestions

1. It is important for adolescents to continue to improve themselves in order to grow and develop into a mature personal
2. Parents are also expected to assist in the personal growth of their children, especially adolescents. It is important for parents to continue to provide care and compassion to children in order to help adolescents in coping problems.
3. Teachers need to be aware of the development of children not only their cognitive, but also in their of behavior and emotion. This is important because the role of teachers will be able to help adolescence develop skills in dealing with the problem.

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