



ROLE TRANSITION APPLICATION OF PARENTHOOD IN ADOLESCENT

Widyasih Sunaringtyas

School of Nursing, STIKES Karya Husada Kediri

Corresponding email : sihwidya12@gmail.com

ABSTRACT

BACKGROUND : role transition is a role changing process to become a parents in adolescents, and it is common to occur due to early marriage or married by accident. New role as a parents need a good preparation since this changes need certain periods of time. But when an adolescent faced those situation due to their sexual behavior they will face role transition spontaneously and not ready in all aspect, physically and psychologically. This transition will lead into role insufficiency as a parents. This study is conducted to analyze the role application of parenthood in adolescent.

SUBJECT AND METHOD : This is a qualitative study with thematic analysis. This study including 5 participants and 5 respondents for triangulation taken by purposive sampling. The participants is mother who is married by accidents with a minimum of 6 months parenting experience. The research was conducted in 6 months.

RESULTS : This study found several themes, including difficulty in adapting as a parents, changing habits, new forms of experience, form of support.

CONCLUSION : based on the results of this study, the experience of adolescent as parents is expected to improve their awareness and their involvement with their child through the interaction of inherent meaning so that role supplementation can be fulfilled to produce a healthy role transition to feel connected, interact, have a situation, develop self confidence and coping.

Key words : role transition, parenthood, adolescent

INTRODUCTION

Adolescent is a pleasant period, maintaining relationship with peers to learn and develop themselves optimally. It is also a volatile period because it is a transition period from childhood to adulthood due to psychological changes both physically and psychologically.

Changes in attitude and behavior during adolescence are parallel with the level of physical change (Hurlock, 2009). If this change not followed by positive environment, then it will affect their behavior and their life instead. Since basically human development are affected by four environment, one of them is the microsystem which is family, school, neighborhood, social media and peer or play mate (Barns, 2010).

Negative microsystem environment that often affected teen's life peer, especially in having relationship with the opposite sex. Dating is become trending in early teen nowadays. The problem adolescent tend not to know the limits when dating so that pregnancy occurs as a teenager.

Health study center of Universitas Indonesia (UI) stated that the study conducted in Jakarta, Tangerang and Bekasi involving 3006 teen respondents show 20.9% of respondents were pregnant and giving birth before they're married. the study conducted by Muktingrum and Budiati (2014) show 12.4% of respondents tend to have high risk sexual behavior and 44.7% have active sex derive



in adolescence. In Kediri regency, at the past tenth month 119 marriage dispensation applicant 85% on the grounds of pregnancy outside marriage (Jawa Pos, 2017). Most phenomena occurs are girls are getting married because she giving birth before married.

Basically role transition requires preparation both physically and psychologically. However with a situation that is not ready yet but the demands of the situation require a role transition, there will be a risk of experiencing role insufficiency. Changes in these situation and condition require adolescents to take on new roles in their lives. When the age is still inadequate to be a parent, teenagers are required to undergo the role of parent.

Awareness of role transition is the initial stage of accepting change, in order to show appropriate behavior as a parent. It also requires involvement during the role of parent, both in carrying out the care, compassion and care for their children. So difficult in displaying the role or known as role insufficiency does not occur (Allgood, 2014). From this description of the problem, researchers are interested in analyzing the application of the role transition to parenthood in adolescent.

METHODE

This study is qualitative study using thematic analysis. It is involving 5 mothers who were married by accident and experienced caring for children for at least 6 months. Triangulation participants were 5 people namely partners or husbands of each mother, taken by purposive sampling technique. Researchers stimulate one's experience of role transition so that they can explore, analyze and explain phenomena directly and do not limit them. Data was collected by indepth interview both the main participant and triangulation. In addition, the data is taken from observations made on physical or non physical phenomena that appear during interview.

RESULTS AND DISCUSSION

Table 1. Characteristic of Main Participant

No	Education	Occupation	Age	Date of Marriage	Child's Date of Birth	Pregnancy
1	Junior high school	Housewife	19	5 February 2017	21 July 2017	3 month
2	Junior high school	Housewife	17	28 February 2018	8 March 2018	8 month
3	Junior high school	Housewife	16	19 August 2018	15 November 2015	Children 3.5 years old
4	Junior high school	Housewife	19	2 February 2017	21 August 2017	2 month
5	Junior high school	Housewife	18	5 Mei 2017	5 August 2017	4 month



Table 2. Characteristic of Triangulation Participant

No	Education	Occupation	Age	Living Place
1	Junior high school	Farm worker	20	Parent
2	Junior high school	Farm worker	18	Parent
3	Senior high school	Sales	20	Parent
4	Junior high school	Farm worker	19	Parent
5	Junior high school	Farm worker	20	Parent

According to the data in table 1, it is show that all partisipants graduated from junior high schools, has no job (housewife), geting married after pregnant and one participant is married after her child is 2 years old. According to the table 2 almost all of the respondents is graduated grom junior high school, working as farm worker and all of them are living with parents.

This study found several theme such as adolescents have difficulty in adaptating, changes in habits, form of new experiences and forms of support.

1. Adaptation difficulties as parents

Adaptation of adolescent as parents experiencing difficulties about the new environmet which is living with the new family who has different pattern, difficulties in caring for the children; has not be able to meet their children's need. Dificuties in raising children such as not being able to bath the baby, carry and suckle the baby, lack of support from a partner and one participant does not want to suckle her baby. This was conveyed by the participants as follows :

"... after giving birth I still cannot take care of my child" (P1)

"... First, it was difficult, yes I'm happy but confused too. I can't take care of babies" (P2)

"... I have to take care of my parents in law when I live with them"(P3)

".... i do not dare to hold the baby in the range of 2 month for fear, so my mother take care of him" (P4,5)

This difficulties was experienced on average for 2 moths post partum. This is experienced by adolescents at certain timescale, at the beginning of becoming a parents. Adaptation of adolescents require more time to care for their children independently than primiparous mothers with normal reproductive periods (Oktaviani, Fajarsaro and Maulidah, 2014). This is also in accordance with the Meleis theory in Alligood (2014) which said that the transition is flowing and moving at any time, the transition character as a time span start from anticipation, perception or shows behavior through an unstable period, confusion, stress to the final phase with a new beginning or a stable period.

2. Change of habits



The habits that adolescent do before becoming a parent is meeting their own needs, there are no spesific responsibilities that need to be fulfilled so that they are free to paly, leave the house and do many fun activities with peers. These habits change after becoming a parents, adolescents even have to leave school so they have to lose the habit of going to school every morning. The change in habits was conveyed by the participants as follow :

"... After birth become different than before" (P1, 3)

"... If you sleep at night, you have to take care of your children too. I used to relax before..." (P5)

"...Now I do not go to school anymore. I used to go to the school in the morning with my firends" (P2)

One of the characteristics of role transition experience is change. Changes in habits experienced by adolescents occur due to mismatches between expectation and reality. Adolescents experiencing transition condition (facilitators and inhibitors), which is a condition that make teens experience movement and chnge to achieve a healthy transition (Pangesti and WD., 2017). This change occurs because of a change in identity as mother for her child, who has improtant role for her child. According to the results of the study conducted by Alfianti (2003) being a good mother according to the perception of 10 mothers is having the responsibilities of caring for her chils, able to divide time and prioritize the needs of children.

3. Form of new experience

New experiences of adolescents as parents according to the research study are independence in caring for their child, fulfill children daily need and teaching their children. New form of experience were delivered by 5 main participants and triangulation.

"... I share my task with my husband when making milk or the baby get fussy "(P5).

"... If my baby get sick, i will usually have it checked by physician accompanied by my mother" (P1).

"... I used to make baby food and i have my baby daily needs prepared by myself" (P3).

These experience is occur because of the the awareness become a prents is rising and it also effected by their involvement with their child everyday. The involvement occur is the involvement of physical and psychological (Pangesti and WD, 2017). The awareness and involvement is very important since the the awareness level affecting the level of involvement. As happened to participant as follow :

"...I used to take my baby if I going somewhere"(P1)

This is a new kind of role awareness as a mother so that she want to be with her child all the time and it will lead to the improvemnet of involvement and inherent meaning. Besides



closeness and relationship with her child need competence approach including the expression of satisfaction and role appreciation (Okatfiani, Fajarsari and Mulidah, 2014). With those experience it will affect role transition so that it will developed healthy transition.

4. Form of support

Support experienced by adolescents as parents in the form of material and non material support. According to the participant's statement :

"...As long as my husband has not worked, all my children's needs are fulfilled by my husband's parents". (P2)

"... My husband are still study so that to buy milk and others need i had it bought by his grandmother" (P5).

While non material support among others, delivered as follow :

"...When i'm pregnant I always have my pregnancy checked by midwives accompanied by my mother" (P1)

"... After giving birth my baby were bathed by my mother until 2 month old"(P3)

Support from the family as a form of accepting the state of adolescents as parents. So this is useful as a support for the adolescent during transition time.

CONCLUSION AND RECOMMENDATION

This results of this study has several theme, namely : 1) difficulty adapting as parents, 2) changing habits, 3) form of new experience, and 4) form of support. This study recommend that the participant should improve themselves in interpreting the role of parents so that involvement and interaction with their child getting tighter so that foster care can be realized more optimally. Educational institution is also expect to educate the adolescent about reproductive education so that they will understand the impact of free sex. Parents are expected to increase their supervision during the development time of their son and daughter.

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