



How Parent-Child Communication Openness Links To The Adolescents' Future Orientation?

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Abstract

This study aimed was to empirically examined the correlation between parent-child communication openness to the future orientation among adolescents. A quantitative research with 106 teenagers within the age of 15 to 18 years old respondents were used. Based on analysis using Pearson's Product Moment correlation technique shown a positive significant relationship between parent-child communication openness to the future orientation among adolescents, where the higher communication openness point resulted in higher the future orientation, and vice versa.

Keywords : *Parent-child Communication Openness, Future Orientation, Adolescents*

Research Background

Adolescents, by which, are nation's next successors. As a teenager there are indeed some developmental tasks which are necessarily to be completed during the lifespan, one of those is preparing the self in order to face the future. According to Gunarsa (2006), adolescent is a transiting term in between childhood to adulthood, ranged from age 12 to 21 years old and mark by some physical alterations. Moreover, Anna Freud (Jahja, 2011) accounted that teenage period also

encounter shifting in parent-goal relationship as a process of the future orientation. Generally, Nurmi stated, teen's future focus and main goal are linked to education, profession, also establishment of a family as the future orientation's scoope (Raffaelli & Koller, 2005)

Nurmi (2005) defined future orientation as individuals' thoughts and acts which direct to the future, include hopes, goals, plans, strategies and steps to accomplish all the above. While Nurmi (1991) stated that future



orientation, also, can be seen as individuals' capabilities to anticipate future occurrences. There are three important aspects, based on Nurmi (2005), in future orientation, which are (a) *motivation*, include aims, interests, values, and future-related commitment while on the other side there are also encompassing of anxiety, hesitation, and future fear; (b) *cognitive*, such as acquisition of future-related knowledge, making plans, strategies compilation, anticipating future events, and decision making about the future; (c) *affective*, include emotion and individuals' evaluative attitude regarding the future, such as being optimistic or pessimist, also hopes and despairs.

Jahja contended (2011), future matters are essentials in adolescents' conflicts, as much more faced bewilderment in those. A past research done by National Citizen Service with 1000 British teens shown that 88 % aged 12 to 18 years old teens encountered stress during the last 12 months caused by future desperation (Situmorang, 2015). It related to important decisions, such as school option, college matter, and also onwards career choice.

Vidiyanto (Asmawati, 2011), a psychologist and consultant in Essa Consulting Jakarta pointed that in Indonesia itself, especially educational, future related discussions

merely not frequently done, subsequently graduated high school students are not aware in any prospects. Vidiyanto also added more cases which shown yielded students after being accepted in college. These depicted behavior which refer to future related confusion.

Amalia (2011) stated that future orientation is so important in teenagers because eventually more normative developmental tasks will be faced as a basic knowledge for decision making and future aspiration determining for adolescents.

Future orientation shaping process is, respectively, attached to parents' figure. Crespo, Jose, Kielpilowski and Pryor (2013) argued that teenagers are oft discuss personal matters with significant others, includes parents. During the interaction parents can communicate views, directions, and thoughts which influence teens' outlook about future (Seginer & Shoyer, 2012), as well as an aid for more concrete and stabilize depiction for the future (Jambori & Sallay, 2003).

According to a study assessed by Nurmi (1991) shown that family discussion, especially with 15 years old adolescents, can improve feeling of optimism, planning, and future related realization. This indicate parent-child communication strongly affected in shaping the future



orientation. Meanwhile, reality shown more obstacles experienced by both parents and children in communicating, as daily bustles and rapid technologies advancement greatly affected (Rogi, 2015).

Whereas, an intensive and open type of communication can build a more positive and supportive relationship in order to fulfill the developmental tasks abide. Rogers and Kincaid (Wiryanto, 2004) defined communication as a process by which two or more individuals built or did an information exchange between one another, in lines with profound understanding. Wiryanto (2004) added, understanding means not only to message contents but also emotions and senses delivered. There are three important aspects in parent-child communication openness, based on Walsh (Collins, Jordan & Coleman, 2010), which consist of, (a) *clarity*, or explication in communication, where delivered messages are consistent in saying or action. Available clarification in ambiguous information with righteous search and talk also provided; (b) *open emotional expression*, which is a sharing in various feelings (such as joy and sad; hope and resentment), tolerance in differences, responsible in feelings and actions in a way by avoiding condemnation and pleasure interaction; (c) *collaborative problem*

solving, which consist of ability to identify problem, stressor, choices, and powerlessness, discussions, decisions making with negotiation, justice, and feedbacks, conflict resolution, goal focusing with concrete steps. And proactive attitude shown by problem prevention.

Horstman, Hays and Maliski (2016) stated that communication between parents and children can build socialization function (such as gender, career, job, and healthy behavior), provides social support, shows affection, involves in conflict, and creates family based communication environment. Ling-ling and Wen-Xin (2008) conducted a study about future orientation and parent communication in 1741 middle and late adolescents. The result shown a rather high influence between teenagers-parents communication with future educational and job future planning. Moreover, a study conducted by Hangrove, Inman and Crane (2005) shown that expression openness level in a family, which is to what extent the family members willingly express their feelings and problems, was positively and significantly correlate with career planning activity within adolescents.

Furthermore, parents whom used opened dialogue allowed teens to discuss interests, plans, values, and hopes in the future (Young, 1994). If



adolescents can communicate openly with the parents, outcomes such as respects and being affected by parents' saying would able to contribute in determining future related decisions (White, 1996).

Openness communication between parent-child is so important, because it may lead to eagerness in discussions or information exchange about several daily domains, include career, job, education, and matrimony, so more stable and realistic future orientation can be attained. Therefore, this study determines to empirically examine whether there is a relationship between parent-child communication openness and future orientation among adolescents.

H₁. There is a positive relationship between parent-child communication openness and future orientation among adolescents.

Method

Sample

Sample, collected with purposive sampling technique, used in the study was 106 boy and girl teenagers between ages of 15 to 18 years old who lived by their parents.

Measures

A five-point Likert-type scale ranging from SS (strongly agree) to

STS (strongly disagree) used as measurement instrument.

Future orientation was measured using 32 items independently compiled based on aspects from Nurmi (2005), which are, motivation, cognitive, and affective with 0.916 in Cronbach Alpha coefficient value. Meanwhile, parent-child communication openness was measured using 40 items scale compiled independently based on aspect by Walsh (Collins, Jordan, & Coleman, 2010), includes clarity, open emotional expression, and collaborative problem solving with 0.939 in Cronbach Alpha coefficient value.

Results and Discussion

This study aim was to empirically examine the relationship between parent-child communication openness and future orientation among adolescents. Based on product moment pearson correlation analysis technique, obtained correlation coefficient (r) 0.590 with significant values of 0.000 ($p < 0.01$) which means, there is a positive and significant relationship between parent-child communication openness and future orientation among adolescents. Whereas, higher level of communication openness resulted in high level of future orientation among adolescents, and vice versa.



Therefore, communication openness within parents-child provide important role in teenagers. A research conducted by Trommsdorff (McCabe & Barnett, 2000) also shown that adolescents whom fully supported and provided opened communication from parents tend to have more positive future orientation.

Nurmi and Pulliainen (1991) also stated that opened discussion inside a family allowed parents to obtain information regarding teens' future, views exchange, and opportunity to enhance optimism for future matters, which affected the whole idea about future itself.

Besides that, with opened communication, parents can provide directions toward children behaviors which can affected to future outcomes. Prasetyo (2016) argued that it is necessary for children to be given directions for the dos and don'ts, which are supposed to and forbidden, anything which are capable or incapable and what are their strength and limitations. Based on those, children behaviors might be more directed. According ro Afrianti (Sakinah, 2016), teens capabilities or weakness in future aims decision making, arranging and executing strategies, also evaluating possibilities provided were depends on how deep parents involvement in fostering, developing and directing the children.

Subsequently, this study also found a mean empirical value of 152,68 in parent-child openness communication scale and 121,94 in future orientation scale. These shown that, generally, respondents parent-child openness communication and future orientation was categorized as high, which means the better parent-child openness communication results in higher future orientation among adolescents.

Conclusion

It shown in this study that there is a positive and significant relationship between parent-child communication openness to the future orientation among teenagers, which mean an acceptance for hypothesis postulated. This also signified that by using an open communication in parent-child intercourse can improve teenagers' future orientation. Subsequently shown in the study, that respondents involved have higher category of parent-child communication openness and future orientation based on empirical mean calculation.

Suggestions

Researcher suggested that teenagers need to uphold an open communication to the parent in order to allow thoughts exchanging, expressing more opinions, accepting



directions and inputs related to future matter. Meanwhile, parents are suggested to maintain and preserve a future related open communication. Directing and giving beneficial future related advices are expected to be done, so that a sufficient future orientation and accomplishments can be attained.

Moreover, further researchers are suggested to include other variables which are related to future orientation other than parent-child communication openness, such as self-factors (self-esteem, optimism, primary control), peer interactions and gender role.

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