



## Family Harmony in Shaping Adolescents' Social Patterns: A Review of Literature Studies

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### Abstrak

Keluarga yang hidup berdampingan dengan limpahan kasih sayang dari setiap anggotanya, dapat dijadikan sebuah bentuk gambaran keluarga yang harmonis. Keluarga harmonis banyak memberikan definisi sebagai suatu kebahagiaan yang diimpikan setiap manusia. Kehadiran keluarga harmonis tentu melahirkan perilaku dan karakter anggota keluarga yang positif. Dalam kaitannya, pola-pola pergaulan yang dimiliki oleh remaja banyak dipengaruhi oleh faktor-faktor bagaimana suasana yang terjadi di dalam lingkup keluarga. Tujuan penulisan artikel ini memuat tentang bagaimana keharmonisan keluarga memegang peran dalam pembentukan pola pergaulan remaja, metode yang digunakan berupa studi literatur yang mengangkat topik serupa dengan pembahasan artikel ini. Hasil temuan yang didapat berupa pengaruh pada pergaulan remaja yang ditimbulkan ketika keluarga tersebut berada pada keadaan harmonis, dan tidak harmonis.

**Kata Kunci:** *Harmonis, Keharmonisan keluarga, Remaja, Pergaulan remaja*

### Abstract

*A family that lives side by side with an abundance of love from each member can be used as a picture of a harmonious family. Many people define a harmonious family as happiness that every human dreams of. The presence of a harmonious family certainly creates positive behavior and character of family members. In this regard, the social patterns that teenagers have are largely influenced by factors such as the atmosphere within the family. The purpose of writing this article is to discuss how family harmony plays a role in forming adolescent social patterns. The method used is a literature study that raises a topic similar to the discussion in this article. The findings obtained are in the form of influences on teenagers' relationships that arise when the family is in a state of harmony and disharmony.*

**Keywords:** *Harmony, Family harmony, Teenagers, Teenage relationships*

## INTRODUCTION

The family is the first element of imbalance in adolescence, this is because the family has a very big influence on all its members. Suharyono (2015) said that teenagers' personality development can be seen from their family background, teenagers who come from caring, warm and harmonious families will have good skills in adapting and communicating in the surrounding environment. This can happen because teenagers will perceive the family as a happy place, because the less conflict there is between family members, the fewer problems teenagers face. In the family, there should be bonds of affection, meaningful interactions and solidarity in carrying out activities and solving problems together (Wahyudi, D. Et al. 2013). Alwisol, 2004 (in Wahyudi. D, et al, 2013) states that the development of a child or teenager will be optimal if they are surrounded by a warm family atmosphere. The family in question is a harmonious family, so that children will receive various types of needs, such as physical-organic, social and psychosocial needs in family relationships.

According to Ihsan. M (2016) Adolescent association is a form of interaction between individuals that allows them to better understand their social environment. In the context of social life, there are various types of teenage interactions, some of which are positive and support personality development. On the other hand, there are also relationships that can be considered unhealthy because they have the potential to harm the development of oneself and others. Healthy relationships tend to contribute to the formation of a personality that is in accordance with the values, social norms, decency and politeness that apply in society. Juvenile delinquency in the study of

social problems can be categorized into deviant behavior, a thing that is relevant to understanding this type of behavior is why someone behaves badly, even though they know that what they are doing violates the rules. Febriliyani. A, et al (2022) say that teenagers who grow up in less harmonious families will tend to have a negative self-image, because they are more likely to grow up to be naughty teenagers than teenagers who grow up in harmonious families.

## RESEARCH METHODS

A review of literature studies was taken as a method in preparing this article. The literature study review function is useful as an assessor of knowledge and findings that have been discovered by previous researchers, after which the results of previous researchers' research are reanalyzed theoretically and methodologically for the topic currently being discussed. The various sources obtained in evaluating this literature study review include various sources that relate to family harmony in shaping adolescent social patterns, including journals, books, e-books and other relevant literature to support the writing of this article.

## RESULTS AND DISCUSSION

### Harmonious family

The word family may be familiar to many people. Many experts have provided explanations regarding the definition of family. The definition of family was put forward by Murdock, 1965 (in Lestari.S, 2012) who explained that the family is a social group characterized by living together, there is economic cooperation, and the reproduction process also occurs within it. Furthermore, Fitzpatrick, 2004 (in Lestari. S, 2012) states a functional definition of family, namely family as a form of pressure on fulfilling psychosocial tasks

and functions, such as aspects of care, socialization of children, emotional support, and fulfillment of certain roles. . A happy family is often called a harmonious family. According to Gunarsa, 2002 (in Helmawati, 2016) a harmonious family can be said to be when all family members have a sense of happiness which is characterized by minimal stress, frustration and satisfaction with the whole situation and existence (existence and self-awareness).

Meanwhile, according to Qaimi, 2002 (in Meichiati, 2014) he stated that the condition of a harmonious family, includes a family that is full of calm, peace, love, has offspring and continuity of generations in society, affection and sacrifice, complementarity, and the existence of solutions. And reciprocal relationships obtained through assistance and cooperation, a harmonious family will only be created if happiness always accompanies each member. Andarus. D, 2015 (in Wahyuningsih. K, et al, 2022) states that a harmonious family is present in life with a situation of understanding that each member has and an attitude of tolerance towards each other if there are advantages or disadvantages in the family, because as it should be, there are no individuals in this world who are perfect.

### **Teenage Interactions**

Association is a process of interaction carried out by individuals with individuals, individuals with groups and individuals with society Sarlito, W (2013). Mansur, 2009 (in Zulaeha. Et al., 2021) explains the definition of teenagers based on data from the World Health Organization (WHO), teenagers are children aged 10 to 18 years. In line with the explanation of the Minister of National Education, it was explained that teenagers are individuals who are 18 years old, if the child is 10 to 18 years old then they can be said to be teenagers. Next is Jahja. Y, 2011 (in Tari. E &

Tofanao. T, 2019) says that adolescence is a transitional period in the developmental stage with a period ranging from 12 or 13 to the end of the teenage years. Anwar. H, et al (2019) divide adolescent social patterns into 2 types, namely positive adolescent relations and negative adolescent relations.

The supporting aspects of positive youth relationships include activities that teenagers participate in that are positive for their social environment, and being active in organizations both in the community and in the school environment, as well as warmth within a family. This is a factor in teenagers having a well-maintained environment, being able to master good thought patterns, and having an understanding of religious and social values, so as to avoid negative things. Furthermore, the supporting aspects in adolescents have negative social patterns including, children's activities and activities are not under parental supervision, there are many conflicts that occur at home, and a friendship environment that influences bad activities to emerge. The large number of negative activities that appear causes teenagers to be in bad company, so that children fall into negative activities such as skipping school, smoking, brawling, and other activities that can damage their future.

Relationships have a big influence in shaping teenagers' personalities. This reflects both in positive associations such as working together for positive goals, as well as in risky negative associations such as promiscuity. It is best for teenagers to avoid free association, because at this time it is easy for teenagers to fall into negative relationships. When teenagers try to expand their social circle, it is not uncommon for teenagers to receive various conditions, face influences from a good environment, or situations that make teenagers feel confused (Wahidin. U, 2013). So at this age, teenagers usually experience

very unstable behavior, are easily influenced by persuasion and even want to try something new that the teenager may not yet know is good for him or not (Nasution 1996).

### **Harmonious Family Relationships on Adolescent Relationship Patterns**

Family harmony will be realized if every aspect of the family can function and play its proper role and always uphold religious values, in this way social interaction and all aspects of the family will be created (Hawari, 2000 in Pusnita. I, 2021). According to Ambara, 2021 (in Kristen. M, et al, 2022) a harmonious family will produce a complex balance of a teenager's values and attitudes. A similar opinion was expressed by Gunarsa (2008) who explained that harmony within a family has an impact on social development and the development of teenagers' personalities. It can be said that a harmonious family has certainly instilled religious values and quality moral values to be applied in the lives of each family member, with the aim and purpose of ensuring that these values are present and embedded in the personality of each family member, especially adolescent children. So that when teenagers start to make more friends, these teenagers do not fall into negative associations.

Good communication is the main basis for creating a harmonious family, as research conducted by (Tangkudung, 2014; Aswandy & Fitriana. A, 2022) explains that the role of good communication, in the context of a harmonious family, makes teenagers feel cared for and have a good social environment of friends. , because teenagers actually need full attention from the family environment. Having good communication and living in a harmonious family atmosphere means that children are in a good friendship environment, because generally speaking, good communication in a family environment means that children

gain a lot of knowledge and a lot of direction from parents regarding the right social environment for teenagers. With good communication within the scope of a harmonious family, directions and forms of advice from parents will not make teenagers feel pressured, because all forms of questions and all forms of attitudes of teenagers will be evaluated through good communication relationships within the scope of a harmonious family.

Similar research conducted by (Asih.M, et al, 2012; Yunistiati. A harmonious family is characterized as a family that is close to each other in all aspects, both in terms of communication, and in terms of norms and religious values. By building a harmonious family environment, teenagers from the perspective of their social environment can build quality social relationships, become mature and responsible individuals, so that deviant behavior can be avoided.

After reviewing the side of family harmony which supports positive behavior in teenagers, this research discusses the impacts that occur when teenagers are not in a harmonious family. As research conducted (Darokah. M & Safaria. T, 2005; Asmoro. D & Melaniani. S, 2016; Kusumastuti. H & Hadjam. M, 2017) states that the social patterns of teenagers who consume NAPZA substances have a high percentage of those who do not have a harmonious family. The lack of attachment and rules in the family, as well as the many conflicts in family life, are the driving forces for teenagers to fall into wrong social patterns. It can be reviewed, that the impact of a family relationship that is not harmonious, in the sense of the word, the absence of warmth, attention, and the instillation of religious and moral values, has the potential for teenagers to become brave about forbidden things, such as the use of narcotic substances.

Furthermore, research conducted by (Nasution. B, 2017; Kristiano. B & Sarif. A, 2017) revealed the results that the association of teenagers who consumed cigarettes and became addicted to them came from disharmonious families. Because parents do not take their role as regulators in children's lives, a disharmonious family is characterized by the absence of parental involvement in paying attention to children, so that when children enter adolescence and meet many people and many new things in their lives, then curiosity aroused and a desire to try things that he should not have tried at his age.

It can be concluded that a disharmonious family will produce social patterns among teenagers that lead to negative things which end up harming the individual teenager. The absence of warm attention, the instillation of religious, moral and social values, as well as the many conflicts that occur within the family atmosphere result in children seeking pleasure to forget all their problems and feelings of sadness in a bad direction. If teenagers grow and develop within the scope of a harmonious family, it will certainly be difficult for teenagers to enter and fall into negative relationships, because harmonious families have instilled and taught them social and religious values well.

## CONCLUSION

The presence of a harmonious family in a teenager's life has a very important meaning. In the context of teenage relationships, it can be said that the role of a harmonious family plays a very influential position in this regard. It cannot be denied that adolescence is an age that is on the verge of anxiety and complexity. Therefore, positive or negative associations are created along with how the family atmosphere is absorbed by a teenager. There are many negative impacts that arise

when teenagers are in families that do not have harmony, because there is no warmth that is felt, and there is no teaching regarding the cultivation of religious, social and moral values, causing a teenager to feel that he is free to enter into social relationships. Which they like, without understanding and thinking long and hard that this association is not good for them.

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