

## THE IMPORTANCE OF SOCIAL SUPPORT FOR ADOLESCENT'S ADJUSTMENT CAPABILITIES OF INDONESIAN MIGRANT WORKER FAMILY

Nadya Nida Hasanah, Alfiasari\*)

Department of Family and Consumer Sciences, Faculty of Human Ecology,  
Bogor Agricultural University, Bogor 16880, Indonesia

\*)E-mail: [alfiasari@apps.ipb.ac.id](mailto:alfiasari@apps.ipb.ac.id)

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### Abstract

Adjustment is an ability to make satisfying relationships between individuals and the surrounding environment. The purpose of this study was to analyze the relationship and influence of parenting style and social support on adolescent adjustment to Indonesian Migrant Workers (PMI) families. This research method uses non-probability sampling method with convenience sampling technique at 10 schools in Kesugihan District, Cilacap Regency, Central Java. This study involved 160 junior high school youth whose parents were migrant workers abroad. The index of the average parenting style of the mother is better than the index of the average parenting style of the father and the substitute caregiver. The social support from peers and teachers received by adolescents is in the low category. Adolescent adjustment to migrant worker families is in the moderate category. The results showed that the parenting styles of fathers, mothers, substitute caregivers, peer social support, and teachers had a significant positive relationship with adolescent self-adjustment as well as a significant positive effect on adolescent self-adjustment in PMI families.

Keywords: adjustment, adolescent, migrant workers, parenting styles, social support

## PENTINGNYA DUKUNGAN SOSIAL BAGI KEMAMPUAN PENYESUAIAN DIRI REMAJA PADA KELUARGA PEKERJA MIGRAN INDONESIA

### Abstrak

Penyesuaian diri adalah suatu kemampuan untuk membuat hubungan yang memuaskan antara individu dengan lingkungan sekitarnya. Tujuan penelitian ini adalah menganalisis hubungan dan pengaruh gaya pengasuhan dan dukungan sosial terhadap penyesuaian diri remaja pada keluarga Pekerja Migran Indonesia (PMI). Metode penelitian ini menggunakan metode *non-probability sampling* dengan teknik *convenience sampling* pada 10 sekolah di Kecamatan Kesugihan, Kabupaten Cilacap, Jawa Tengah. Penelitian ini melibatkan 160 remaja SMP sederajat yang memiliki orang tua sebagai pekerja migran di luar negeri. Indeks rata-rata gaya pengasuhan ibu lebih baik dibandingkan dengan indeks rata-rata gaya pengasuhan ayah dan pengasuh pengganti. Dukungan sosial teman sebaya dan guru yang diterima remaja berada pada kategori rendah. Penyesuaian diri remaja pada keluarga pekerja migran berada pada kategori sedang. Hasil penelitian menunjukkan bahwa gaya pengasuhan ayah, ibu, pengasuh pengganti, dukungan sosial teman sebaya, dan guru mempunyai hubungan positif signifikan dengan penyesuaian diri remaja sekaligus berpengaruh positif signifikan terhadap penyesuaian diri remaja pada keluarga PMI.

Kata kunci: dukungan sosial, gaya pengasuhan, pekerja migran, penyesuaian diri, remaja

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## INTRODUCTION

Data from the Indonesian Migrant Worker Protection Agency (BP2MI) shows that there are 72.624 Indonesian Migrant Workers (PMI) in 2021. This is also supported by data from the Central Statistics Agency for Central Java Province where Central Java Province is the second largest province as a contributor of migrant workers with a total workforce of 17.245 people in 2021. Data from the Central Statistics Agency also shows that Cilacap Regency is the highest district with the largest number of migrant workers in Central Java Province. The number of PMI in Cilacap Regency who migrate abroad is still high

every year. Meanwhile, several sub-districts in Cilacap Regency with the highest number of migrant workers consist of Kesugihan, Adipala, Maos, Kroya, Nusawungu, Binangun, Sidareja, Jeruklegi, Batrasari, and Gandrungmangu sub-districts (Komsiah, 2021). According to Lu (2014) that children left behind by parents who migrated internationally have a negative effect on children's education compared to children who live with both parents (non-migrant parents). Negative impacts that may occur include children falling into negative things, criminal acts because of a lack of love from parents, especially mother's love, there is a feeling of being rivaled by the husband and the husband's rights are not fulfilled. These facts show that parents' decision to become migrant workers poses a risk to the child's development due to the complete absence of parents.

Maldini and Kustanti (2016) argue that psychological development in adolescents is closely related to the condition of society and life around it which is related to the way adolescents make adjustments to the conditions and situations that occur in the environment. Teenagers are required to be able to adjust to their new roles, both with themselves and with their social environment. If adolescents are not able to adjust well to the demands that exist, adolescents will experience an inability to adjust, resulting in adolescents making wrong adjustments (Mayasari, 2014). According to Suryadi and Usman (2018), adjustment is an individual's success in adapting to the environment and other people by having criteria, real appearance, and the ability to adapt to various groups. Rahmat (2021) also added that adolescent adjustment is also interpreted as an ability to create satisfying relationships between adolescents and their surroundings.

In general, the parenting style applied in the family plays an important role that can support the success of children's education, especially in terms of adjustment in children with early adolescents. The condition of adolescents who are being abandoned by their parents to become PMI will be replaced by the role of their parents by substitute parents such as grandparents, uncles, or siblings from their father and mother. The parenting style adopted by surrogate parents has different demands from the original parents because of differences in the treatment of parents towards adolescents in their social environment which can affect the development and growth of adolescents, adolescent personalities, as well as psychological, social and cultural changes in these adolescents (Kurniasari et al., 2018). In the process of adjustment, adolescents need social support from their surroundings. Social support is defined as information or feedback from others indicating that a person needs to be loved, cared for, valued, and involved in a community network (Taylor, 2018).

The aims of this research are: 1) to identify parenting style, social support, and early adolescent adjustment in PMI families; 2) analyze the relationship between parenting style, social support, and early adolescent adjustment in the PMI family; and 3) analyze the effect of parenting style and social support on early adolescent adjustment in the PMI family.

## METHODS

This research is part of an umbrella study to examine the welfare of children in families of Indonesian Migrant Workers (PMI). This study used a quantitative approach with an explanatory study design and data collection through a survey method to answer the research hypothesis. The location of this research is Kesugihan District, Cilacap Regency because this location represents a district with the highest number of PMIs in Central Java Province. Respondents in this study were 160 junior high school (SMP) students who had a father or mother who worked as PMI. The data collection technique was carried out offline by visiting directly to schools in the research locations and the respondents filled in directly using a written questionnaire. The data collection process was carried out in March and April 2022.

The parenting style instrument uses the Parent as Social Context Questionnaire (PASCQ) instrument developed by Skinner et al. (2005) which consists of warmth, rejection, regularity, disorder, support, and coercion where a total of 72 questions are questions from both the parenting styles of fathers, mothers, and substitute caregivers with Cronbach's Alpha of 0,841 for father's parenting style, of 0,780 for maternal parenting style, and 0.805 for surrogate caregiver parenting style. The answer scale used is 1-4 (1=very inappropriate; 2=not appropriate; 3=appropriate; 4=very appropriate).

The social support instrument uses the Social Support Questionnaire for Children (SSQC) instrument developed by Gordon-Hollingsworth et al. (2015) consisting of peer and teacher social support with a total of 20 questions with Cronbach's Alpha of 0,891 for peer social support and 0,884 for teacher social support. The answer scale used is 1-4 (1=almost never; 2=sometimes; 3=often; 4=always).

The adjustment instrument uses an instrument that has been modified by Annisa and Alfiasari (2016) which was originally developed by Santrock and Warshak (1979) which consists of friendships, habits,

emotional health, and withdrawal with a total of 30 questions with Cronbach's Alpha of 0.635 and an answer scale of 1-4 (1=almost never; 2=sometimes; 3=often; 4=always). Data is processed using Microsoft Excel and SPSS for Windows. This study used descriptive analysis to identify the percentage distribution, average, standard deviation, minimum score, and maximum score on parenting style, social support, and adjustment variables. Correlation analysis was used to analyze the relationship between parenting style and social support with adolescent adjustment to PMI families. Multiple linear regression analysis was performed to analyze the effect of parenting style and social support on adolescent adjustment to PMI families.

## RESULTS

### Parenting Style

Based the motivational model, Skinner et al. (2005) classifies parenting style into three positive dimensions, namely warmth, structure, and autonomy support which are then paired with three negative dimensions which are the opposite of each positive dimension, namely rejection, disorder (chaos), and coercion. So there are six parenting style sub- dimensions in this study. These sub dimensions are warmth-rejection, structure-chaos, and autonomy support-coersion. The measurement of parenting style in this study measured the care of fathers, mothers, and substitute caregivers. The number of respondents in the parenting styles of fathers, mothers, and substitute caregivers varied because the adolescents in this study did not all have fathers, nor were they cared for by substitute caregivers, either grandparents or other family members.

Table 1 The minimum, maximum, average, and standard deviation of the three-dimensional index of positive parenting style

Dimensions	Father		Mother		Substitute Caretaker	
	Min-Max	Average±STD	Min-Max	Average±STD	Min-Max	Average±STD
Warmth	12,50-100,00	67,32±17,95	25,00-100,00	71,58±15,67	12,50-100,00	67,91±15,72
Regularity	12,50-95,83	63,69±14,88	33,33-100,00	66,95±13,48	33,33-100,00	65,49±14,08
Support	00,00-100,00	60,29±16,20	8,33-100,00	61,64±14,43	25,00-100,00	61,43±14,59
<b>Total</b>	<b>22,22-87,50</b>	<b>63,76±13,86</b>	<b>31,94-90,28</b>	<b>66,72±11,11</b>	<b>31,94-87,50</b>	<b>64,94±11,80</b>

Notes: Min (Minimal); Max (Maximal); STD (Standard Deviation)

The results showed that the average parenting style of the mother in each dimension was higher than the average value of the parenting style of the father and the surrogate caregiver, although the average score between the three was not much different. Overall, the mean score on mother's parenting style was 66,72; the average value on father's parenting style is 63,76; and the mean score on the surrogate caregiver's parenting style was 64,94. This shows that adolescents assess the parenting style given by the mother better than the parenting style given by the father or substitute caregivers.

In parenting styles of fathers and mothers, the highest average score was found in the dimension of warmth with each value, namely 67,32 and 71,58. Likewise, the highest average score on the surrogate caregiver's parenting style was found in the dimension of warmth with a value of 67,91. Meanwhile, the lowest average score on parenting styles of fathers and mothers was found on the dimensions of support with each value, namely 60,29 and 61,64. Likewise, the lowest average score on the surrogate caregiver's parenting style was found on the support dimension with a value of 61,43. Based on this description, it can be concluded that on average adolescents feel more warmth, order, and support from their mothers. In addition, most adolescents in migrant worker families think that their mothers give them warmth.

### Social Support and Adjustment

Social support is defined as information or feedback from others indicating that a person needs to be loved, cared for, valued, and involved in a community network (Taylor, 2018). Maslihah (2011) also argues that social support as information in the form of verbal or non-verbal, suggestions, real assistance or behavior provided by the closest people in their social environment raises individual perceptions that individuals receive positive effects, affirmation, or assistance indicating an expression of social support.

Social support in this study is social support obtained from peers and teachers with a total of 160 respondents. The results showed that peer social support had an average value of 63,56 with a standard deviation value of 22,83 and teacher social support had an average value of 63,10 with a standard deviation value of 21,54. The results of this study indicate that adolescents in migrant worker families feel more social support from peers compared to social support from teachers (Table 2).

Meanwhile, peer and teacher social support is included in the low category with respective percentage values, namely 40,6 percent and 41,9 percent. The results of this study indicate that the two dimensions of social support, namely social support from peers and teachers, are included in the low category which indicates that adolescents in migrant worker families do not receive and feel social support from peers and teachers (Figure 1)

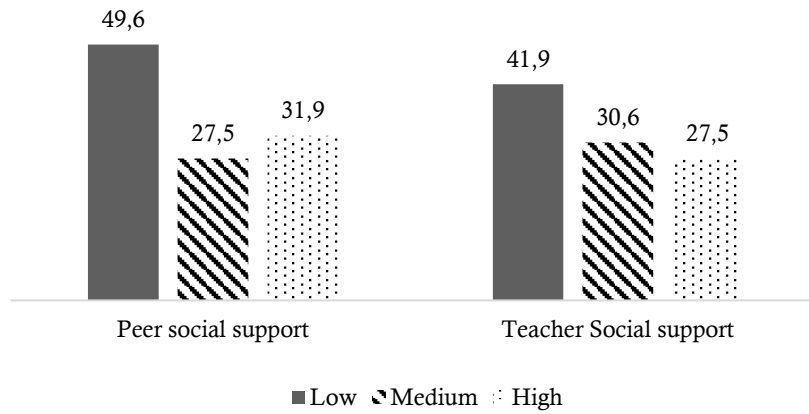


Figure 1 Index category of social support dimensions

Adjustment of adolescents as the dependent variable in this study consists of four dimensions, namely friendship relationships, habits, emotional health, and withdrawal. The achievement of good friendships can be seen from the success of adolescents in terms of empathy with others, a sense of responsibility in the social environment, and establishing interpersonal relationships. Habits are seen from the attitude and behavior of adolescents in maintaining self-regulation and not violating the norms of the surrounding environment as a form of habituation. Meanwhile, emotional health is related to the ability of adolescents to recognize emotions and feelings both in themselves and in others and the ability to place emotional forms at the right level and place. Finally, withdrawal is seen from the great sense of the adolescent's need for guidance from the teacher and self-discipline in the everyday environment.

The results showed that according to the average index of each dimension of adolescent adjustment, the achievement score for each dimension reached an average of more than 60. Overall, the average value of adolescent adjustment to migrant worker families was 63,84 with a standard deviation of 8,68. Then when viewed based on dimensions, the best average achievement index value is on the withdrawal dimension with an average index of 69,44 and a standard deviation value of 18,69. The results of this study indicate that most adolescents in migrant worker families are more likely to accept the withdrawal dimension compared to other dimensions of adolescent adjustment. Meanwhile, the dimension of emotional health is the dimension that has the lowest average value compared to the other dimensions, namely with an average index of 56,28 and a standard deviation value of 15,77 (Table 2).

Table 2 The minimum, maximum, average, and standard deviation values of the adolescent social support and adjustment index

Variables and Dimensions	Min-Max	Mean±SD
Sosial Support		
Peer social support	6,67-100,00	63,56±22,83
Teacher social support	00,00-100,00	63,10±21,54
Adjustment		
Friendship relationship	33,33-91,67	68,47±10,42
Habit	25,93-96,30	60,85±13,95
Emotional health	5,56-100,00	56,28±15,77
Withdrawal	00,00-100,00	69,44±18,69

Notes: Min (Minimal); Max (Maximal); STD (Standard Deviation)

Overall, adolescents' adjustment to migrant worker families is in the moderate category. This shows that overall the adolescents in this study have a fairly high self-adjustment ability with a score of 66,3 percent. Then, when viewed based on dimensions, the friendship and withdrawal dimensions are in the medium category with each dimension having a percentage value of 49,4 percent and 67,5 percent. This shows that adolescents have the behavior and attitude of withdrawal and have a high enough friendship relationship. Meanwhile, the dimensions of habits and emotional health are in the low category with each dimension having a percentage value of 52,5 percent and 57,5 percent. This shows that adolescents in migrant worker families have low emotional habits and health.

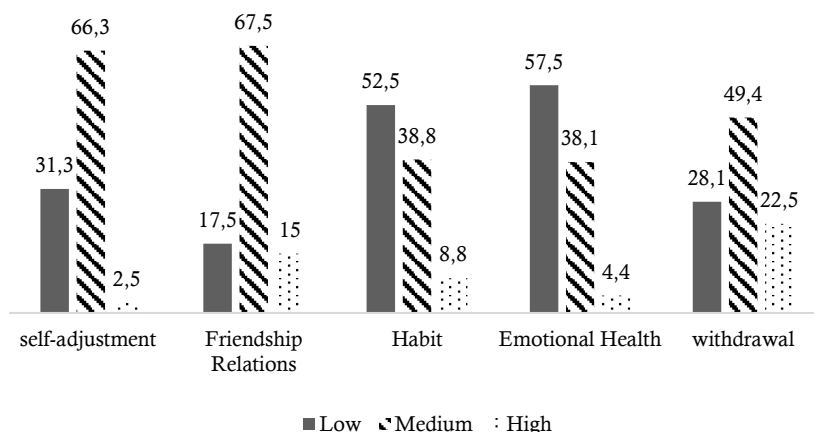


Figure 1 Index category of adjustment dimensions

### Relationship of Parenting Style and Social Support with Adjustment

The results of the research on the correlation test showed that the father's parenting style ( $r=0,278$ ;  $p<0,01$ ), the mother's parenting style ( $r=0,230$ ;  $p<0,01$ ), and the surrogate caregiver's parenting style ( $r=0,318$ ;  $p<0,01$ ) has a significant positive relationship with teacher social support. This shows that if fathers, mothers, and substitute caregivers practice good parenting styles for adolescents, then the teacher's social support provided to adolescents is also good. In addition, maternal parenting style ( $r=0,157$ ;  $p<0,05$ ) and substitute caregiver parenting style ( $r=0,329$ ;  $p<0,01$ ) have a significant positive relationship with peer social support. However, only father's parenting style was not related to peer social support. This shows that if mothers and surrogate caregivers practice good parenting styles for adolescents, then peer social support given to adolescents is also good.

The results of the correlation test between parenting style and adolescent adjustment showed that the father's parenting style ( $r=0.396$ ;  $p<0.01$ ), the mother's parenting style ( $r=0.400$ ;  $p<0.01$ ), and the surrogate caregiver's parenting style ( $r= 0.471$ ;  $p<0.01$ ) had a significant positive relationship with adolescent adjustment. The parenting style of the father, mother, and surrogate caregivers also had a significant positive relationship with the habitual and emotional health dimensions. These findings indicate that the higher the parenting styles of fathers, mothers, and substitute caregivers given by adolescents, the adolescent's self-adjustment along with the habits and emotional health of adolescents will improve (Tabel 3).

Table 3 Correlation coefficients of parenting styles of fathers, mothers, substitute caregivers, social support, and correlation coefficients of parenting styles, social support, and adolescent adjustment

Variable	Father's parenting style	Mother's parenting style	Substitute caregiver parenting style	Peer social support	Teacher social support
Father's parenting style	1	<b>0,723**</b>	<b>0,575**</b>	0,154	<b>0,278**</b>
Mother's parenting style	-	1	<b>0,783**</b>	<b>0,157*</b>	<b>0,230**</b>
Substitute caregiver parenting style	-	-	1	<b>0,329**</b>	<b>0,318**</b>
Peer social support	0,154	<b>0,157*</b>	<b>0,329**</b>	1	-
Teacher social support	<b>0,278**</b>	<b>0,230**</b>	<b>0,318**</b>	-	1
Father's parenting style	1	<b>0,723**</b>	<b>0,575**</b>	0,154	<b>0,278**</b>

Variable	Adjustment	Friendship relationship	Habit	Emotional health	Withdrawal
Father's parenting style	<b>0,396**</b>	<b>0,179*</b>	<b>0,324**</b>	<b>0,374**</b>	0,096
Warmth	<b>0,273**</b>	0,057	<b>0,263**</b>	<b>0,320**</b>	0,031
Rejection	<b>-0,216*</b>	-0,083	-0,116	<b>-0,232**</b>	<b>-0,169*</b>
Regularity	<b>0,243**</b>	0,115	<b>0,215*</b>	<b>0,247**</b>	-0,014
Irregularity	<b>-0,257**</b>	-0,158	<b>-0,218**</b>	-0,154	-0,100
Support	<b>0,353**</b>	<b>0,178*</b>	<b>0,308**</b>	<b>0,340**</b>	-0,006
Coercion	-0,134	-0,086	-0,078	-0,095	-0,095
Mother's parenting style	<b>0,400**</b>	0,137	<b>0,383**</b>	<b>0,348**</b>	0,109
Warmth	<b>0,252**</b>	-0,016	<b>0,281**</b>	<b>0,331**</b>	0,019
Rejection	-0,137	0,016	-0,119	-0,152	-0,151
Regularity	<b>0,188*</b>	0,107	<b>0,259**</b>	0,046	-0,024
Irregularity	<b>-0,275**</b>	<b>-0,181*</b>	<b>-0,155*</b>	<b>-0,211**</b>	<b>-0,170*</b>
Support	<b>0,313**</b>	0,108	<b>0,383**</b>	<b>0,281**</b>	-0,118
Coercion	<b>-0,178*</b>	-0,098	-0,102	-0,138	-0,147
Substitute caregivers	<b>0,471**</b>	0,185	<b>0,419**</b>	<b>0,378**</b>	0,126
Warmth	<b>0,375**</b>	0,091	<b>0,385**</b>	<b>0,366**</b>	-0,030
Rejection	<b>-0,323**</b>	-0,021	<b>-0,249**</b>	<b>-0,304**</b>	<b>-0,303**</b>
Regularity	<b>0,334**</b>	<b>0,337**</b>	<b>0,312**</b>	0,114	-0,071
Irregularity	<b>-0,263**</b>	-0,115	-0,167	<b>-0,202*</b>	<b>-0,227*</b>
Support	<b>0,288**</b>	0,164	<b>0,323**</b>	<b>0,235*</b>	<b>-0,189*</b>
Coercion	-0,114	0,052	-0,063	-0,131	<b>-0,238*</b>
Peer social support	<b>0,319**</b>	<b>0,272**</b>	<b>0,242**</b>	0,131	0,113
Teacher social support	<b>0,316**</b>	<b>0,237**</b>	<b>0,266**</b>	<b>0,301**</b>	<b>-0,166*</b>

Note: \*significant  $p < 0,05$ , \*\*significant  $p < 0,01$

Based on the results of the correlation test, it is known that peer social support ( $r=0,319$ ;  $p < 0,01$ ) and teacher social support ( $r=0,316$ ;  $p < 0,01$ ) have a significant positive relationship with adolescent adjustment. This shows that the higher the social support of peers and teachers given to adolescents, the higher the adolescent's self-adjustment. In addition, teacher social support has a significant positive relationship with all dimensions of adolescent adjustment, namely friendships, habits, emotional health, and withdrawal. However, peer social support only has a significant positive relationship with the dimensions of friendship and habit. So, this shows that the higher the social support of peers and teachers given to adolescents, the higher the friendship relationships and habits in adolescents, and the higher the teacher's social support given to adolescents, the higher the emotional health and withdrawal in teenager.

### The Effect of Parenting Style and Social Support on Adjustment

The regression model in this study was divided into three regression models on adolescent adjustment, namely model 1 on the influence of father's parenting style, peer social support, and teachers on adolescent adjustment; model 2 the influence of mother's parenting style, peer social support, and teachers on adolescent adjustment; and model 3 of the effect of surrogate caregivers' parenting styles, peer social support, and teachers on adolescent adjustment.

Model 1, which includes father's parenting style, peer social support, and teachers, has a significant effect on adolescent adjustment to migrant worker families with a significance value of 0,000 ( $p < 0,01$ ). The results of the regression test of model 1 have an Adjusted R2 value of 0.217 which indicates that the adjustment possessed by adolescents tends to be influenced by 21,7 percent by the variables of father's parenting style, peer social support, and teachers studied in model 1 and the remaining is 78,3 percent is influenced by other variables not examined in this study (Table 4).

The results of the model 1 regression test showed that the variable father's parenting style had a significant positive effect on adolescent adjustment ( $B=0,212$ ;  $p < 0,01$ ). That is, every one unit increase in father's parenting style will increase the adolescent's adjustment tendency by 0,212 points. In other words, adolescents who get a good father's parenting style tend to have higher adjustment scores than adolescents who get a bad parenting style (Table 4).

Meanwhile, the results of the model 1 regression test showed that peer social support ( $B=0,093$ ;  $p < 0,01$ ) and teacher social support ( $B=0,033$ ;  $p < 0,01$ ) had a significant positive effect on adolescent adjustment. That is, every increase of one unit of social support from peers and teachers will increase adolescents' adjustment tendencies by 0,093 points and 0.033 points, respectively. In other words, adolescents who

receive good social support from peers and teachers tend to have higher adjustment scores than adolescents who receive poor social support from peers and teachers (Table 4).

Then in model 2 which includes mother's parenting style, peer social support, and teacher has significant with a significance value of 0,000 ( $p < 0,01$ ). The results of the regression test on model 2 show that model 2 has an Adjusted  $R^2$  value of 0,235, which means that adolescents' self-adjustment tends to be influenced by 23,5 percent by the variables of mother's parenting style, peer social support, and teachers studied in model 2 and the remaining 76,5 percent is influenced by other variables not examined in this study (Table 4).

The results of the model 2 regression test showed that the mother's parenting style variable had a significant positive effect on adolescent adjustment ( $B=0,258$ ;  $p < 0,01$ ). That is, every one unit increase in maternal parenting style will increase the adolescent's adjustment tendency by 0,258 points. In other words, adolescents who get a good maternal parenting style tend to have higher adjustment scores than adolescents who get a poor maternal parenting style (Table 4).

Meanwhile, the results of the model 2 regression test showed that peer social support ( $B=0,078$ ;  $p < 0,01$ ) and teacher social support ( $B=0,066$ ;  $p < 0,05$ ) had a significant positive effect on adolescent adjustment. That is, every increase of one unit of social support from peers and teachers will increase adolescents' adjustment tendencies by 0,078 points and 0.066 points, respectively. In other words, adolescents who receive good social support from peers and teachers tend to have higher adjustment scores than adolescents who receive poor social support from peers and teachers (Table 4).

Finally, in model 3 that includes a substitute caregiver care, peer social support, and the teacher has been significant with a significance value of 0,000 ( $p < 0,01$ ). The regression test results in model 3 indicate that model 3 has an adjusted  $R^2$  value of 0,235, which means that the adjustment possessed by adolescents tends to be influenced by 23,5 percent by the variables of substitute caregivers, social support of peers, and teachers studied in model 3 And the remaining 76.5 percent is influenced by other variables that are not examined in this study.

Model regression test results 3 indicate that the variable of substitute caregiver care for a significant positive effect on adolescent adjustment ( $B=0,283$ ;  $p < 0,01$ ). That is, every increase in a unit of substitute caregiver's caregiver will increase the tendency of adolescent adjustment by 0,283 points. In other words, adolescents who get a properly substitute caregiver's care for nancaunts tend to have higher adjustment scores compared to adolescents who get a substitute caregiver carelessness. Meanwhile, the results of the model regression test 3 show that the social support of the teacher's peers does not have a positive or negative effect on adolescent adjustments (Table 4).

Table 4 Regression test of parenting style and social support on adjustment

Variable	Coefficients are not standardized B	Standar error	Standardized coefficients Beta	Sig.
<b>Father's Model</b>				
Constant	42,199	3,464		<b>0,000**</b>
Father's parenting style (indeks)	0,212	0,049	0,336	<b>0,000**</b>
Peer social support (indeks)	0,093	0,031	0,244	<b>0,003**</b>
Teacher social support (indeks)	0,033	0,033	0,082	0,321
$R^2$		0,234		
Adjusted $R^2$		0,217		
F		13,855		
Sig.		<b>0,000**</b>		
<b>Mother's Model</b>				
Constant	37,502	3,884		<b>0,000**</b>
Mother's parenting style (indeks)	0,258	0,056	0,330	<b>0,000**</b>
Peer social support (indeks)	0,078	0,029	0,206	<b>0,007**</b>
Teacher social support (indeks)	0,066	0,031	0,163	<b>0,034*</b>
$R^2$		0,249		
Adjusted $R^2$		0,235		
F		17,256		
Sig.		<b>0,000**</b>		
<b>Substitute Caregiver Model</b>				
Constant	40,160	4,076		<b>0,000**</b>

Table 4 Regression test of parenting style and social support on adjustment (continue)

Variable	Coefficients are not standardized	Standar error	Standardized coefficients	Sig.
	B		Beta	
Substitute caregiver care (indeks)	0,283	0,065	0,395	<b>0,000**</b>
Peer social support (indeks)	0,037	0,034	0,101	0,282
Teacher social support (indeks)	0,053	0,036	0,136	0,146
R <sup>2</sup>		0,256		
Adjusted R <sup>2</sup>		0,235		
F		12,147		
Sig.		<b>0,000**</b>		

Note: \*significant p<0,05, \*\*significant p<0,01

Overall, based on the results of the regression test in this study shows that in model 1 (father model), model 2 (mother's model), and model 3 (substitute caregiver model) can be seen that model 2 has a real significance and an adjusted R<sup>2</sup> value is more large to adolescent adjustments to migrant worker families compared to model regression tests 1 and model 3. This shows that, although there are differences in the adjusted R<sup>2</sup> value on the three models are not too large, it can be said that in model 2 has more opportunities great in influencing adolescent adjustments to migrant worker families.

## DISCUSSION

Adolescence is the transition of development from childhood to early adulthood, which began at the age of around 10-12 years and ended at the age of 18-21 years (Santrock, 2011). Early adolescents usually take education in junior high school (SMP). The development of adolescents is characterized by the presence of several behaviors, both positive and negative caused by adolescents who are experiencing a period of transition from childhood to adolescence. According to Maldini and Kustanti (2016), psychological development in adolescents is closely related to the state of society and the surrounding life, so that adolescents are required to be able to adjust to their new role, both with themselves and with their social environment. Adjustment is the success of individuals in adjusting to the environment and others by having criteria, real appearance, and the ability to adjust to various groups (Suryadi & Usman, 2018). Based on the results showing that adjustments possessed by adolescents with migrant worker families are in the medium category. The findings of the research are in line with research conducted by Mayasari (2014) which shows that most teenagers in migrant worker families have adjustments in the medium category. Sundayani et al. (2018) added that in general, adolescents in migrant worker families can adjust according to their abilities and flexibility in the environment around them, so they can adjust in a balanced manner.

In general, parenting style applied in the family plays an important role in adolescents, one of which is in terms of adjusting. In the parenting style of parenting, teenagers make parents a role model to make adjustments to the surrounding environment (Chandola & Bhanot, 2008). However, in the case of migrant workers' families, not a few teenagers who were raised by a substitute caregiver who played a role as a substitute parent to guide, provide advice, and enthusiasm for adolescents left by their parents to become migrant workers (Kurniasari et al., 2018). The findings of this study indicate that adolescents in migrant workers' families get better parenting styles than those who state that the importance of mother's parenting style is compared to the style of parenting of the father to the migrant worker family where adolescents are in migrant worker families more feel the mother's parenting style compared to Dad's parenting style. Kholis (2017) added that there was a difference in parenting between father and mother, most teenagers felt comfortable when with their mother compared to their father. In fact, fathers can take care of children even though the way is different from the mother, but still the father is less effective in the care process because the father uses more in the physical approach (Inayah, 2012).

In the process of adjusting, adolescents need social support from the surrounding environment in the form of encouragement, attention, appreciation, assistance, affection that makes teenagers feel loved and cared for, so that they can develop positive attitudes and be able to adjust in the surrounding environment (Kumalasari & Ahyani, 2012). Based on the results showed that social support originating from peers and teachers received by adolescent migrant worker families, both in the low category. The findings of the research are not in line with research conducted by Saefullah et al. (2018) which states that adolescent



social support in migrant worker families is in the medium category, so the level of social support in the study tends to be high.

Correlation Test Results of Father, Mother, and Substitute Caregivers with Social Support Peer and Teachers show that most of the styles of parenting carried out by the father, mother, and substitute caregiver have a significant positive relationship with the social support of peers and teachers accepted by adolescents migrant worker family. This is in line with research conducted by Green et al. (2007) which shows that the application of parenting has a significant positive relationship with providing social support in the form of emotional assistance and behavior. This is also supported by research conducted by Izoo et al. (2000) which states that the child's parenting style has a significant positive relationship with social support, where the better the application of the parenting style carried out, the better the social support is given and felt by the child, so that the family will also feel the benefits of increasing support social in adolescents. In addition, in general social support is associated with a feeling of prosperity and positive mental health which can then optimize the process of parenting (Crnic & Low, 2002).

Based on the results of the Correlation Test the style of care for adolescent adjustment shows that the parenting style of the father, mother, and a substitute caregiver has a significant positive relationship with adolescent adjustment. These findings are in line with research conducted by Annisa (2020) which shows that the parenting force applied to adolescents, has a significant positive influence on adolescent adjustments. Rahmadyanti et al. (2017) also added that there is a significant positive influence between parental parenting styles on adolescent adjustments, where the higher the parenting style of parents, the higher the adjustment possessed by adolescents and vice versa the lower the parenting style, the lower the adjustment of adolescents. According to Annisa (2020) the difference in parenting styles applied to adolescents can cause adolescent adjustment also different from one another. Disciplined parenting style in learning, making children smart in terms of intellectual, but are less able to adjust to their friends. While the style of parenting without demanding, makes children more able to adjust to various aspects (Annisa, 2020). In addition, all positive dimensions in the style of parenting of the father, mother, and substitute caregiver have a significant positive relationship with adolescent adjustment.

The results of the Correlation Test for Peer and Teachers' Social Support with Adjustment Adolescents show that the social support of peers and teachers has a significant positive relationship with adolescent adjustments. These findings are in line with the results of research conducted by Kumalasari and Ahyani (2012); Tricahyani and Widiasavitri (2016); and Monazah (2020) which shows that there is a significant positive relationship between social support and adolescent adjustment, and is suspected to be a causal relationship. Tricahyani & Widiasavitri (2016) added that if there is an increase in the value of the variable social support, there will also be an increase in the value of adolescent adjustment variables, and vice versa. Therefore, the provision of social support is very much needed by adolescents in the form of real assistance or behavior given to adolescents in the social environment, presence, and other things that can provide emotional benefits to recipients of social support, so as to make adolescents able to adjust by causing feelings Near emotionally, security, feeling cared for, valued, and loved (Tricahyani & Widiasavitri, 2016).

Meanwhile, the results of the influence test showed that the father's care and substitute caregivers had a significant effect on adolescent adjustments. These findings are in line with research conducted by Rahmadyanti et al. (2017) which shows that there is a very significant influence between father's involvement in parenting on adolescent adjustments. This is stated by the higher the involvement of the father in parenting, the higher the adjustment that is owned by adolescents. The parenting style given by the father to adolescents, directly has a very important influence in the process of adolescent development which is in line with the interaction between fathers and adolescents, making a capital for adolescents in adjusting in the surrounding environment so that it will help adolescents in building positive relationships with their peers at school and also help adolescents in adjusting to the surrounding environment (Putra, 2018). In addition, according to Kurniasari et al. (2018), the role of a substitute caregiver is needed to guide, provide advice and enthusiasm for adolescents who are left by their parents become migrant workers. Therefore, with the suggestions, support, and enthusiasm of a substitute caregiver can help adolescents to more easily adjust according to the rules and norms that apply in the local environment and the community (Anggraeni, 2020). The results of the effect show that the mother's care and substitute caregiver also has a significant effect on adolescent adjustments. These findings are in line with research conducted by Kazemi et al. (2012) which states that there is a significant influence on the mother's parenting style on adolescent adjustments. This is also supported by research Nuraini (2018) which states that there is a significant positive relationship between attachment to mothers and adolescent adjustments. Kazemi et al. (2012) added that the mother's parenting style affects various dimensions of adolescent

development, one of which is the ability to adjust adolescents. Adhesiveness of adolescents to mothers is predicted to increase self-adjustment where adolescents have the ability to overcome stress and anxiety well, the ability to express emotions well, positive self-images, perception of reality, and good interpersonal relationships (Nuraini, 2018). According to Mu'tadin in Nuraini (2018) one of the factors that determine adjustment is the family environment where the family becomes the first environment that creates adjustments, so that the closeness between adolescents and families becomes the main need for the development of the soul and is very influential on the ability to adjust to adolescents.

The results of the influence test also show that the social support of peers and teachers received by adolescents has a significant influence on the ability to adjust themselves in adolescents. These findings are in line with research conducted by Kumalasari and Ahyani (2012) and Tazakhrofatin (2018) which states that social support affects adolescent adjustments. This shows that the higher the social support received by adolescents, the higher the adolescence of adolescents because to achieve good adjustment requires good social support. The results of Tazakhrofatin's research (2018) also added that social support given to adolescents can help adolescents in adjusting to the surrounding environment better, and can shape the personality of adolescents into a more resilient person in dealing with various environmental demands in the future. The existence of social support from the family, the school environment, and the community can make adolescents feel accepted, noticed, not alone, make it easier for adolescents to adjust to the new environment along with the various changes they face, and can help adolescents deal with the problems encountered in daily life-day so that teenagers can adjust themselves without pressure (Monazah, 2020).

Based on the explanation of the results of the study and discussion above, in essence this study has been able to answer the hypothesis of the relationship and the influence between the style of parenting and social support with adolescent adjustments to the family of migrant workers simultaneously and partially. However, this research is inseparable from the various limitations during the research process. Limitations in this study, namely data collection techniques that use non-probability sampling techniques so that the results in this study cannot be generalized and cannot be represented for all adolescent populations from the Indonesian migrant worker families. In addition, this research uses only one approach, which is a quantitative approach so that the results in this study cannot obtain a deepening.

## CONCLUSIONS AND SUGGESTIONS

In general, parenting style applied in the family plays an important role that can support success in children's education, especially in terms of adjustment to children with early adolescence. In addition, in the process of adjusting, adolescents need social support from the surrounding environment. Adjustment is an ability to make a satisfying relationship between individuals and the surrounding environment. Most teenagers feel more nurturing styles applied by mothers compared to fathers and substitute caregivers where the dimensions of warmth become dimensions with the highest average value and the dimension of support becomes a dimension with the lowest average value. Most teenagers also feel more social support from peers than social support from teachers. However, the social support of peers and teachers felt by adolescents in migrant worker families is included in the low category. Adjustment of adolescents to migrant worker families is in a medium category where the dimensions of withdrawal are dimensions with the highest average value and the dimensions of emotional health become dimensions with the lowest average value. The results of the correlation test were found that the style of parenting of the father, mother, substitute caregiver, social support of peers, and teachers were positively positive with adolescent adjustments. Meanwhile, the test of the influence of the father and mother's model was found that the style of parenting of the father, mother, social support of peers and teachers had a significant positive effect on adolescent adjustments, whereas in the replacement caregiver model only the substitute caregiver's force was a significant positive effect on adjustment teenager.

Based on the results of the study it can be seen that the social support of peers and teachers is included in the low category. Therefore, from peers, teachers, and schools can increase social support more carefully, and always provide advice, support, and praise to teenagers. In addition, the school and substitute caregiver must always involve parents, especially in fathers in terms of increasing parenting in adolescents. Then for the Regional Government and the Indonesian Migrant Workers Protection Agency (BP2MI) can pay more attention to the lives of children from migrant worker families. This can be done by creating several programs that lead to adolescents with migrant worker families, provide and form a forum for adolescents in the form of sharing communities or special consultation institutions from adolescents from migrant worker families so that they can express what is felt when far apart with their parents, and so that they do not feel alone when abandoned by parents to work abroad. Suggestions for further researchers, can

conduct research on the same variables with additional methods such as in-depth interviews. Further research can also examine other variables that affect adolescent adjustments such as communication between parents and children, emotional intelligence, self-efficacy, and attachment to friends, and expand the scope of the study population so that the results of the study can be concluded for the whole population.

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