

Hubungan Antara Toxic Parenting Dengan Relationship Commitment Pada Dewasa Awal

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Abstrak

Early adulthood is a crucial stage in a person's life journey. Besides being at the peak of physical condition, individuals at this age also tend to have a stable personality that does not change significantly. The family is one of the most fundamental constructs of human relationships and has a significant impact on a person's life. In a family, parenting serves as a way to raise and educate children by teaching them everything related to adult life. Toxic parenting has become a prevalent phenomenon in our society today. Toxic parenting refers to an inappropriate parenting style that can have negative impacts on children. It occurs when parents fail to treat their children according to their individual needs. Parents with toxic parenting tendencies are often unwilling to show respect, compromise, or treat their children with kindness. They believe they are always right and focus solely on their own desires without considering the needs of their children.

Kata Kunci: Toxic parenting, relationship commitment, Dewasa awal.

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INTRODUCTION

Early adulthood is a crucial stage in a person's life journey. In addition to being at the peak of physical condition, individuals at this age also tend to have a stable personality that does not change significantly. With this personality stability, a person is considered ready to face and undertake the next developmental tasks in life, such as establishing a relationship commitment with others (Dharmawijati, 2015). Relationship commitment is a personal desire and determination to maintain and preserve a special bond or relationship so that it can last over the long term (Whitton et al., 2008).

However, in reality, not all parents are able to meet their children's needs. Reports of parental violence against their children often serve as concrete evidence that not all parents can fulfill their responsibilities as good caregivers. If parenting mistakes occur occasionally, they may still be considered normal. However, if these mistakes are made consistently and repeatedly, they can lead to a toxic parenting pattern. The frequency and intensity of inappropriate interactions influence a child's psychological development and have long-term effects on their life. There are three types of toxic parents who are most likely to engage in toxic parenting patterns: dismissive parents, oppositional parents, and demeaning parents (Dunham & Dermer, 2011).

According to data from SIMFONI PPA, between January 1 and June 19, 2020, there were 3,087 cases of child abuse reported in Indonesia. These included 852 cases of physical abuse, 768 cases of psychological abuse, and 1,848 cases of sexual abuse (Nurul et al., 2022). Additionally, the issue of toxic parenting has been widely discussed on various social media platforms.

1. Relationship Commitment

Commitment involves the desire to maintain a relationship, to overcome potential obstacles that may arise, and to prioritize the relationship over other available alternatives. Relationship commitment also includes a strong emotional attachment, a deep sense of involvement, and the belief that the relationship holds significant value and benefits for the individual. Relationship commitment can be defined as the desire and tendency to remain engaged and invest positively in a relationship Rusbult (1983). Therefore, relationship commitment, from Rusbult's perspective, encompasses emotional, cognitive, and behavioral aspects that are interrelated in defining an individual's reluctance to leave the relationship and the desire to actively preserve it.

2. Toxic Parenting

In Alice Miller (1979) view, toxic parenting refers to harmful and unhealthy parenting patterns that can lead to psychological trauma in children. This includes behaviors and practices by parents that neglect the emotional needs of the child, use violence or physical punishment, emotional manipulation, and a lack of healthy affection and attention. According to Miller, such damaging parenting can result in children growing up to become individuals with emotional issues, low self-esteem, difficulties in interpersonal relationships, and potentially repeating the same harmful parenting patterns when they become parents themselves. Forward (1989) also describes toxic parenting as parents who harm, hurt, or even injure their children, leading to physical and psychological wounds that persist, causing lasting trauma.

Research methods

This study uses a quantitative research design with a correlational approach, which explains the relationship between toxic parenting and relationship commitment in early adulthood. The data presented in this study include the scores of the toxic parenting variable (X) and the relationship commitment variable (Y). These variables were then used to create the research instruments. The research instrument was developed in the form of a questionnaire, which was distributed online using Google Forms to facilitate data collection. The questionnaire link was shared through Instagram and WhatsApp to reach individuals who met the criteria for this study. A total of 82 completed questionnaires were collected, and the data were analyzed using the SPSS 24 program.

Discussion

Tabel 2 Statistik deskriptif

	N	Minimum	Maximum	Mean	Std. Deviation
<i>Toxic Parenting</i>	82	120	176	157.56	8.499
<i>Relationship commitment</i>	82	20	49	35.80	6.175
Valid N (listwise)	82				

The sample size (N) is 82. The lowest score for the toxic parenting variable is 120, and the highest score is 176. The lowest score for the relationship commitment variable is 20, and the highest score is 49. The mean column represents the average of each data set. The mean for the toxic parenting variable is 157.56, while the mean for the relationship commitment variable is 35.80. The standard deviation for the toxic parenting variable is 8.499, and for relationship commitment, it is 6.175. Based on the data above, the overall average for each variable is higher than the standard deviation, indicating that the data for both the toxic parenting (X) and relationship commitment (Y) variables can accurately represent the entire dataset.

Tabel 2 One-Sample Kolmogorov-Smirnov Test

		N
N		82
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	5.82568967
Most Extreme Differences	Absolute	0.70
	Positive	0.70
	Negative	-.068
Test Statistic		.070
Asymp. Sig. (2-tailed) ^c		200 ^d

Based on the results of the normality test calculations above, it can be seen that the absolute value, or the largest number between the positive and negative values in this study, is 0.070. The value for asymp. Sig. (2-tailed) represents the probability or p-value to ensure that the observed distribution does not deviate significantly. The significance value (Asymp.Sig) in this study is 0.200. Data is considered normally distributed if the significance value is greater than 0.05. Based on the table above, the significance value obtained is $0.200 > 0.05$, which allows us to conclude that the data in this study follows a normal distribution.

Tabel 3 Anova table

			Sum of squares	df	Mean Square	F	Sig.
<i>Relationship commitment</i> <i>Toxic parenting</i>	Between Groups	(Combined)	1789.899	28	63.925	2.608	.001
		Linearity	339.847	1	339.847	13.866	<.001
		Deviation from Linearity	1450.979	27	53.706	2.191	.007
	Within Groups		1298.979	53	24.509		
	Total		3088.878	81			

In table 3, the linearity test between toxic parenting (X) and relationship commitment (Y), it is found that the significance value for linearity is $0.001 < 0.05$, and the significance value for deviation from linearity is $0.07 > 0.05$. Therefore, it can be concluded that there is a linear relationship between the toxic parenting (X) variable and relationship commitment (Y).

Tabel 4 Interpretasi koefisien korelasi

Interval Koefisien	Tingkat pengaruh
0,00-0,199	Very Weak
0,20-0,399	Weak
0,40-0,599	Moderate
0,60-0,799	Strong
0,80-1,000	Very Strong

Tabel 5 Hasil Uji Hipotesis

		Toxic parenting	Relationship commitment
<i>Toxic parenting</i>	Pearson correlation	1	-.332
	Sig. (2-tailed)		.002
	N	82	82
<i>Relationship commitment</i>	Pearson correlation	-.332	1
	Sig. (2-tailed)	.002	
	N	82	82

Based on the results of the Pearson product-moment correlation output, the coefficient value is -0.332 with a significance value of 0.002. The significance value obtained from the correlation test is 0.002, which means this significance is < 0.05 . This indicates that there is a correlation between toxic parenting and relationship commitment in early adulthood. According to the correlation coefficient interpretation table, the value of -0.332 falls into the weak correlation category. Based on the correlation coefficient results, it can be concluded that the correlation is negative, meaning the relationship is inverse— the higher the toxic parenting variable, the lower the relationship commitment in early adulthood.

If we only have the correlation coefficient $r = -0.332$ and no information about the beta coefficient, we can use a simple regression approach with one predictor to calculate how strong

the correlation between toxic parenting and relationship commitment in early adulthood is using the coefficient of determination formula:

$$\begin{aligned}
 \text{KD} &= r^2 \times 100\% \\
 &= (-0.332)^2 \times 100\% \\
 &= 11.02\%
 \end{aligned}$$

The coefficient of determination result concludes that the contribution of toxic parenting to relationship commitment in early adulthood is 11.02%. Based on the correlation coefficient results, it can be concluded that the effective contribution of toxic parenting to relationship commitment is 11.02%.

Discussion

Based on the data analysis results, it was found that there is a significant negative relationship between toxic parenting and relationship commitment in early adulthood. The study's findings show a significant negative relationship between toxic parenting and relationship commitment in early adulthood, with a correlation coefficient of -0.332 and a significance value of 0.002 ($p < 0.05$). The negative correlation found (-0.332) indicates that the higher the level of toxic parenting experienced by an individual, the lower their relationship commitment in early adulthood. Toxic parenting is categorized as moderate with an average score of 35.80, while relationship commitment in early adulthood is also categorized as moderate with an average score of 157.56. Additionally, there is an effective contribution of 11.02% of toxic parenting to relationship commitment.

Conclusion

Based on the data analysis results, a significant negative relationship was found between the two variables, with a correlation coefficient of -0.332 and a significance value of 0.002 ($p < 0.05$). This indicates that the higher the level of toxic parenting experienced by an individual, the lower their relationship commitment in early adulthood. Toxic parenting falls into the moderate category with an average score of 35.80. Relationship commitment in early adulthood is also in the moderate category with an average score of 157.56. There is an effective contribution of 11.02% of toxic parenting to relationship commitment.

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