

The Effect of Strength Based Parenting Mediated by Emotion Regulation on Adolescent Delinquent Intentions

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Abstract — Strength-based parenting is a parenting approach that focuses on identifying and developing children's strengths. Parents who apply strength-based parenting tend to have teenagers with a high awareness of their potential and positive character. In the next stage of development, this will enable adolescents to use their strengths to face challenges, rather than getting trapped in delinquent behavior. This study aims to examine the effect of strength-based parenting on delinquency intention, with emotion regulation as the mediator. A total of 418 adolescents from 3 high schools in Medan City were selected as research subjects using simple random sampling method to collect data on strength based parenting, emotion regulation, and delinquency intention. Structural Equation Model (SEM) was used as a data analysis method. The results showed that strength based parenting did not affect delinquency intentions, but it had a positive and significant effect on emotion regulation, and emotion regulation had a negative and significant effect on delinquency intention. Emotional regulation fully mediated the relationship between strength based parenting and adolescent delinquency intentions. This study contributes to understanding the factors that influence adolescent delinquency intentions and provides insights for parents, teachers, and the community to focus on optimizing adolescent strength and emotional regulation abilities to prevent them from engaging in delinquent behavior.

Keywords — Strength-Based Parenting, Emotion Regulation, Delinquent Intentions

I. INTRODUCTION

Adolescence is a transitional period from childhood to adulthood that begins at the age of 12-13 years and ends at the age of 18-21 years [1]. This period brings so many challenges, in the form of changes starting from physical, cognitive, psychological, and social aspects. Adolescents' inability to cope with these developmental challenges has the potential to result in a series of delinquent behaviors that can have negative impacts on the environment, ranging from truancy, smoking, bullying, fighting, thuggery, to the use of illegal drugs such as Narcotics, Psychotropics, and Addictive Substances [2].

Research conducted by the National Narcotics Agency (BNN) found that 50-60% of drug users in Indonesia are students and college students [2]. The number of suspects in drug and illegal drug cases or narcotics in Indonesia has indeed decreased over the past three years, but if the trend is seen since 2009, the number of drug suspects tends to increase, with a record high of 1,545 people in 2018 [3]. Furthermore, according to a report from the Central Statistics Agency (BPS), throughout 2021 there were 188 villages or urban areas in Indonesia that became arenas for mass brawls between students. West Java is the province with the highest number of student fighting cases, occurring in 37 villages. Followed by North Sumatra and Maluku, each with 15 villages experiencing similar cases [4]. Meanwhile, the latest data from the Indonesian National Police states that there were 276,507 crimes in Indonesia throughout 2022, an increase of 7.3% compared to the previous year which amounted to 257,743 cases [5].

Delinquent behavior is worrying because adolescents who have committed delinquent acts have the potential to commit criminal acts in adulthood [6]. Moreover, in 2035, Indonesia will experience a demographic bonus in quantity, which is a condition where the proportion of productive population is greater than that of unproductive ones [32]. In that year, individuals who are currently in the adolescent stage will enter the productive age group. It is feared that the level of crime during that period will be high and then hinder development in Indonesia, which should be maximized well [7].

Delinquency is a collection of socially unacceptable behaviors that are classified as criminal acts [8]. Meanwhile, the delinquency intention is the intention or desire of teenagers to perform actions that violate rules that can cause harm and damage to themselves or others. Bynum & Thompson [8] divide delinquent behavior into two forms, namely status offenses and index offenses. Status Offenses are negative behaviors that are considered illegal because the perpetrator's age is still young, such as smoking, drinking alcohol, using illegal drugs, skipping school, breaking rules at home, and so on. Meanwhile, Index Offenses are the categorization of more serious problem behavior, such as murder, rape, robbery, and assault, which fall under violent crimes or crimes directly targeted at others, as well as property crimes, namely non-violent crimes but directly related to property such as robbery, arson, and so on. Meanwhile, [9] divides delinquent behavior into four forms, namely behavior that causes physical victims, behavior that causes material victims, self-blaming and blaming others, and behavior that violates rules or opposes status.

One of the factors that influence delinquency is the parenting style applied within the family. Research conducted by Garvin [10] shows that the more often parents apply authoritative parenting, the lower the tendency for adolescent delinquency. The quality of interaction between parents and children provides an opportunity for children to acquire or inhibit problematic behavior patterns [11].

Strength-Based Parenting is a new approach in parenting that was first developed by Lea Waters in 2015. There is not much research that examines the concept of Strength-Based Parenting. Based on a search on Google Scholar, there are only 33 scientific journal publications with the topic of strength-based parenting, 10 of which involve adolescent participants from Indonesia, while 23 other studies were conducted abroad such as Australia, Canada, Peru, China, Iran, and Turkey. However, the impact of strength-based parenting has been proven to be positive for the development of children and adolescents, even the contribution of strength-based parenting to the quality of life of adolescents exceeds democratic parenting styles [12].

Strength-Based Parenting is a development of democratic parenting according to Baumrind, based on the positive psychology perspective, which is a branch of psychology that focuses on improving the quality of individuals' lives. According to Waters [12], Strength-Based Parenting is a parenting approach where parents consciously identify their child's strengths (strength knowledge aspect) and encourage their child to use those strengths (strength use aspect). Strengths can be in the form of positive characters, abilities, talents, and outstanding skills in a person [13]. Parents who apply strength-based parenting tend to have children and adolescents with high awareness of their potential and positive characters within themselves. In the next stages of development, this will enable children and adolescents to use their strengths in facing life's challenges instead of being trapped in maladaptive behaviors.

Furthermore, parenting is known to be related to emotional regulation. Good emotional regulation is essential to promote social and emotional health in children and adolescents. Parents play an important role in how adolescents develop emotional regulation. Tang & Xu [14] stated that strength-based parenting can promote the development of more adaptive emotional regulation skills. Adolescents who receive strength-based parenting tend to be more optimistic, resilient, and persistent [15], they are able to identify the positive side and review the emotional situation they experienced.

Regarding delinquency, research conducted by Danisworo & Wangid [16] shows the contribution of emotional regulation to adolescent delinquency, where poor emotional regulation is considered more likely to direct adolescents to delinquent behavior. This is in line with the results of research by Janah & Rifayani [17] which showed a significant influence between emotional regulation and aggressive behavior in resolving interpersonal conflicts. Research conducted by Athiyah [18] also shows a similar thing where there is a significant negative relationship between emotional regulation and delinquent behavior tendency in adolescents, which means the higher the adolescent's emotional regulation ability, the lower their delinquency intensity.

Emotional regulation plays a role in shaping an individual's social competence to carry out their lives, good emotional regulation will help adolescents in controlling their behavior to avoid negative behavior when facing problems and pressure [19].

Based on the above description, the researcher is interested in seeing how much the influence of strength-based parenting mediated by emotional regulation on delinquency intention.

II. PURPOSE AND METHODS

This study uses a quantitative approach with regression analysis to estimate or identify the main factors that influence the variable under investigation. Specifically, the aim of this study is to examine the influence of strength-based parenting mediated by emotional regulation on the delinquency intentions of adolescents. The study sample consisted of 418 individuals who met the criteria of being adolescents aged 15-18 years and living with their parents. The study sample was selected using simple random sampling techniques. Research data was collected using the Delinquency Intention Scale by Desiningrum [20], which consists of 30 items of favorable and unfavorable statements with a score range of 1 (strongly disagree) to 4 (strongly agree), followed by the Strength-Based Parenting Scale by Sumargi & Firlita [21], which consists of 14 items with a score range of 1 (strongly disagree) to 5 (strongly agree), and finally the Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA) by Maharani [22], which consists of 10 items with a score range of 1 (strongly disagree) to 5 (strongly agree). Data collection was carried out directly in three different high schools in Medan City. The data analysis method used was structural equation modeling-partial least squares (SEM-PLS) with the assistance of SmartPLS software.

III. RESULTS AND DISCUSSIONS

Table 1. Demographic Data of Respondents

Characteristic	Number of respondents (n=418)	Percentage
Sex		
Male	157	37.56%
Female	261	62.44%
Living with		
Mother and Father	341	81.58%
Only with father	18	4.31%
Only with mother	59	14.11%
Parent relationship status		
Divorced	38	9.09%
Widowed because the spouse died	38	9.09%
Married	342	81.82%
Family income		
< Rp. 3.600.000	64	15.31%
Rp. 3.600.000 – Rp. 5.000.000	99	23.68%
Rp. 5.000.000 – Rp. 10.000.000	161	38.52%
Rp. 10.000.000 – Rp. 20.000.000	67	16.03%
>Rp. 20.000.000	27	6.46%

Based on gender, 261 or 62.44% of respondents were female and 157 or 37.56% of respondents were male. Respondents' ages ranged from 15-18 years old. Based on living status, around 341 or 81.58% of respondents currently live with both parents with a married parent status of 342 or 81.82%, and the majority of monthly family income falls into the middle category, ranging from

Rp. 5,000,000 - Rp. 10,000,000 with a percentage of 38.52%. The income assessment standard refers to the 2023 Medan minimum wage [23].

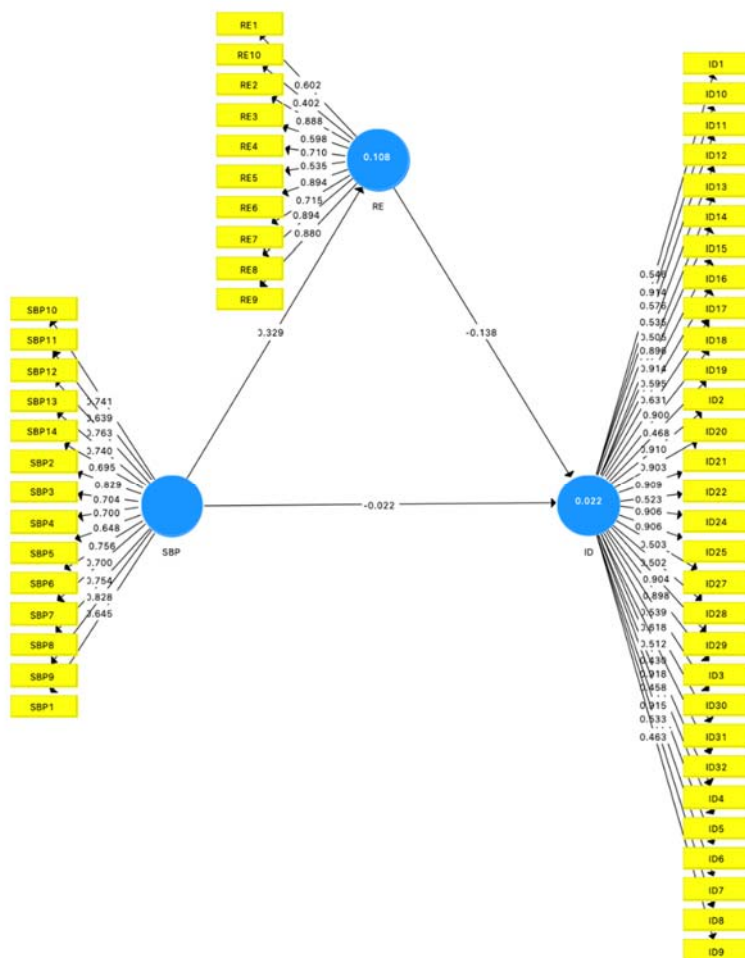


Figure 1. Measurement Model

The acceptable outer loading value is 0.7, while the value of outer loading < 0.4 needs to be eliminated from the analysis process. Based on the results of the factor loading test in Figure 1, it is known that, all items were found to have a value > 0.4 , which means that they have fulfilled the validity requirements based on the loading value.

Table 2 Average Variance Extracted, Cronbach's Alpha, Composite Reliability

	Cronbach's Alpha	Composite Reliability	Average Variance Extracted (AVE)
ID	0.963	0.967	0.515
RE	0.893	0.916	0.534
SBP	0.931	0.940	0.528

The minimum limit of AVE that can be accepted is 0.5. Based on the results of Table 2, it is known that the AVE value of the three variables is above 0.5 so it can be said that they have fulfilled the validity requirements. Based on Table 2, it is also known

that the value of Cronbach's alpha and composite reliability of each variable has a value above 0.7, which means it has fulfilled the specified reliability requirements. Furthermore, discriminant validity testing was carried out using the Fornell-Larcker approach by looking at the validity value based on the comparison of the square root value of the average variance extracted (AVE) of each latent variable with the correlation of other latent variables in the model.

Table 3 Discriminant Validity by Fornell and Larcker

	ID	RE	SBP
ID	0.718		
RE	-0.146	0.731	
SBP	-0.067	0.329	0.727

Based on Table 3, it is known that the square root value of the AVE of each latent variable is greater than the correlation value between other latent variables, so it is concluded that it has fulfilled the discriminant validity requirements.

Table 4 R-Square Value

	R Square
RE	0.022
ID	0.108

Based on Table 4, it is known that the R² value in the delinquency intensity variable is 0.022 which means that strength-based parenting and emotional regulation provide an effective contribution of 2.2% to delinquency intensity, while the remaining 97.8% is influenced by other variables not studied in this research. The R² value in the emotional regulation variable is known to be 0.108 which means that strength-based parenting provides an effective contribution of 10.8% to emotional regulation, while the remaining 89.2% is influenced by other variables not studied in this research.

Table 5 Significance Test of Direct Effect

	Original Sample	Sample Mean	Standar Deviation	T Statistic	P values	f ²
RE -> ID	- 0.138	-0.156	0.059	2.533	0.009	0.052
SBP->ID	- 0.022	0.022	0.079	0.276	0.391	0.000
SBP -> RE	0.329	0.339	0.047	6.973	0.000	0.120

Table 6 Significance Test of Indirect Effect

	Original Sample	Sample Mean	Standar Deviation	T Statistic	P values	Upsilon (v)
SBP -> RE -> ID	- 0.045	- 0.053	0.021	2.121	0.017	0.020

Based on the significance test of direct and indirect effects in tables 5 and 6 above, the following results were obtained:

1. Hypothesis 1: Strength-based parenting has a negative effect on delinquency intentions

The statistical test result of the direct influence of strength-based parenting on delinquency intentions gives a P-value of $0.391 > 0.05$. This result indicates that strength-based parenting does not have a significant negative effect on delinquency intentions. The value of f^2 0.000 also indicates that strength-based parenting does not have a significant contribution to delinquency intentions.

2. Hypothesis 2: Strength-based parenting has a positive effect on emotional regulation

The statistical test result of the direct influence of strength-based parenting on emotional regulation gives a P-value of $0.000 < 0.05$. This result indicates that strength-based parenting has a significant positive effect on emotional regulation. The value of f^2 0.120 indicates that strength-based parenting has a moderate contribution to emotional regulation.

3. Hypothesis 3: Emotional regulation has a negative effect on delinquency intentions

The statistical test result of the direct influence of emotional regulation on delinquency intentions gives a P-value of $0.009 < 0.05$. This result indicates that emotional regulation has a significant negative effect on delinquency intentions. The value of f^2 0.052 indicates that emotional regulation has a low contribution to delinquency intentions.

4. Hypothesis 4: There is a negative effect of strength-based parenting mediated by emotional regulation on adolescent delinquency intentions

The statistical test result of the indirect influence of strength-based parenting on delinquency intentions mediated by emotional regulation gives a P-value of $0.017 < 0.05$. This means that strength-based parenting has a significant negative effect on adolescent delinquency intentions through emotional regulation mediation. The value of ν of 0.020 indicates that emotional regulation has a low contribution in mediating the effect of strength-based parenting on delinquency intentions. The result of the direct influence test between strength-based parenting and delinquency intentions that is not significant (P-values: $.391 > .05$) indicates that the mediation that occurs is full mediation.

The research results indicate that strength-based parenting has a significant negative effect on adolescent delinquency intentions through emotional regulation mediation. The insignificant effect between strength-based parenting and delinquency intentions indicates that the mediation that occurs is full mediation. This means that emotional regulation is a variable that underlies the relationship between strength-based parenting and adolescent delinquency intentions. High strength-based parenting will lead to better emotional regulation abilities in adolescents. Furthermore, the ability of good emotional regulation will inhibit adolescents from engaging in delinquent behavior.

This research is in line with previous research that states that support, closeness, and warmth with parents are the foundation that makes adolescents feel emotionally secure, enabling them to express emotions in socially acceptable ways [24]. Other studies also show that parenting is an important factor that affects emotional regulation, where emotional regulation will then affect the tendency for adolescents not to engage in delinquent behavior [25]. These results show that strength-based parenting does not directly affect delinquency intentions, but if strength-based parenting is optimally applied by parents, adolescents will be more able to develop emotional regulation skills. This emotional regulation skill will then protect adolescents from engaging in delinquent behavior.

In this study, the majority of the research sample was in the high category of strength-based parenting, high emotional regulation, and low delinquency intentions, amounting to 168 people with a percentage of 68%. The high category of strength-based parenting and emotional regulation, as well as the low delinquency intentions found in this study, may also be due to the characteristics of the majority of respondents who come from complete family structures and are in the middle socio-economic level. A study conducted by Peverill et al [26] stated that children raised in families with low socioeconomic status tend to show symptoms of externalizing behavior problems. Conversely, children from families with higher socioeconomic status have more access and financial capital to social and educational spheres, so parents may be able to contribute more to child-rearing activities to encourage academic and social success. This is a strong protective factor against child externalizing problems [27]

Furthermore, a study conducted by Peter & Nwadukwe [28] states that there is a strong relationship between family structure and adolescent delinquency. In that study, it was explained that intact family structure was related to fewer delinquency problems. These results prove that children raised in families with only one parent have a much higher risk of engaging in naughty behavior during adolescence.

Finally, in this study, the strength-based parenting and emotion regulation variables only provided an effective contribution of 2.2% to delinquency intentions. This small contribution may be due to other variables that can better explain delinquency intentions. In certain periods of adolescent development, there is a phase of individuation that makes them tend to withdraw from parents, so even though parents remain constant in their strength-based approach, adolescents are unable to consistently absorb and integrate feedback positively [15]. This is in line with the research results of Astuti [29] who stated that peers play a greater role as the main cause of delinquency than parenting. Cultural differences in perceptions and practices of strength-based parenting can also explain this. McNeely & Barber [30] found cultural differences in parental warmth perspectives in 12 countries, including Asia and America. In Western society, love and support both verbally and physically from parents are standards that indicate warmth. On the other hand, guidance and respect are highly prioritized as indicators of parental warmth in Eastern countries. In addition, the majority of parents in Eastern cultures take on the role of authority in the family hierarchy and are not accustomed to expressing warmth to their children [31]. The results of this study indicate that strength-based parenting may not be experienced in the same way and function in the same way in different cultures. Therefore, it is important to realize that parenting behavior that is considered a quality dimension in one culture may not necessarily be directly applied into another culture.

The value of ϵ^2 of 0.020 also indicates that emotion regulation has a low contribution in mediating the influence of strength-based parenting on delinquency intentions. This may be due to other factors that can mediate the relationship between parenting and delinquency intentions such as self-control, empathy, academic achievement, and others.

IV. CONCLUSION

This study aims to examine the effect of strength-based parenting on delinquency intentions, with emotion regulation as the mediator. Based on the results of the study conducted with a sample of 418 adolescents from 3 high schools in Medan City, it is known that strength-based parenting does not affect delinquency intentions, but strength-based parenting has a positive and significant effect on emotion regulation, and emotion regulation has a negative and significant effect on delinquency intentions. Emotional regulation becomes a full mediator between strength-based parenting and adolescent delinquency intensity. This means that the results of this study indicate that strength-based parenting does not directly affect delinquency intensity, but if strength-based parenting is optimally applied by parents, adolescents will be more able to develop emotional regulation skills. These emotional regulation skills will then protect adolescents from delinquent behavior. This study contributes to understanding the factors that influence delinquency intentions in adolescents and provides insights for parents, teachers, and the community to focus on optimizing the strengths of adolescents and their emotional regulation abilities to prevent them from engaging in delinquent behavior.

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