

01 SEPTEMBER 2014

**FORM LAPORAN KEGIATAN PERJALANAN DINAS/PELATIHAN DAN  
PENGEMBANGAN**

Nama Pelapor : Linda Wati, M. Psi.

NIK : 10710007

Intisari

a. Tujuan Kegiatan:

- Bentuk publikasi penelitian
- Bentuk pengembangan diri – menambah pengetahuan.

b. Deskripsi Jalannya Kegiatan:

- Setelah membuat penelitian bersama dengan mahasiswa (penulis pertama), maka artikel dipresentasikan dalam Tarumanagara International Conference on the Applications of Social Sciences and Humanities (TICASH 2021) pada 5 – 6 Agustus 2021.
- Day 1: Acara berjalan lancar. Acara dimulai dengan kata sambutan dari Rektor Universitas Tarumanagara, Rektor dari Universitas lain, dan Ketua LLDIKTI 3. Plenary session 1 disampaikan oleh Prof. Tania Sorrell, MD., Ph.D. (University of Sydney, Australia) dan Erni J. Nelwan, MD., Sp. PD., Ph.D. Kemudian dilanjutkan dengan Plenary session 2 yang disampaikan oleh Ass. Prof. Dr. Lenin Gopal (Curtin University, Malaysia) dan Prof. Dr. Benny Tjahjono (Coventry University, London UK). Terakhir plenary session 3 disampaikan oleh Ass. Prof. Dr. MD. Azalanshah MD Syed. (University of Malaysia, Malaysia) dan Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psikolog. (Universitas Tarumanagara, Indonesia).
- Penelitian dipresentasikan dalam di ruangan 2 TICASH (15.20 – 17.00) di mana Madeline Nathania (penulis pertama) bersama saya mempresentasikan penelitian dengan judul Adolescent Emotion Regulation with Authoritarian Parenting Style.

c. Manfaat Bagi Subyek

- Saya mendapatkan kesempatan untuk melakukan presentasi penelitian sebagai peneliti ke-3.
- Saya mendapatkan kesempatan untuk menjadi *correspondence author*.

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d. Manfaat Bagi Lembaga:

- Mendukung fakultas dan universitas untuk melakukan tugas publikasi penelitian
- Mendukung fakultas dan universitas untuk memiliki dosen yang aktif dan berkualitas sesuai dengan yang ditentukan pemerintah.
- Menjalin relasi dengan pihak universitas lain dan masyarakat lain di luar UNTAR.

e. Rekomendasi:

- Dosen sebaiknya mengikuti kegiatan ilmiah seperti ini agar dapat memenuhi tugas meneliti dan mendukung fakultas-universitas dalam menciptakan dosen dan universitas berkualitas.

Penilaian Pelapor Terhadap Kegiatan : Puas

Lampiran yang diserahkan:

- a. Laporan Kegiatan
- b. Sertifikat kehadiran pertemuan ilmiah
- c. Sertifikat sebagai presenter
- d. Foto kegiatan
- d. Surat tugas

Tertanda,

Linda Wati, M. Psi., Psikolog  
(Pelapor)



**UNTAR**

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# CERTIFICATE

OF ACHIEVEMENT

this certificate is presented to

**Linda Wati**

as **PARTICIPANT**

Universitas Tarumanagara | August 5<sup>TH</sup> - 6<sup>TH</sup>, 2021

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Dr. Hugeng, S.T., M.T.

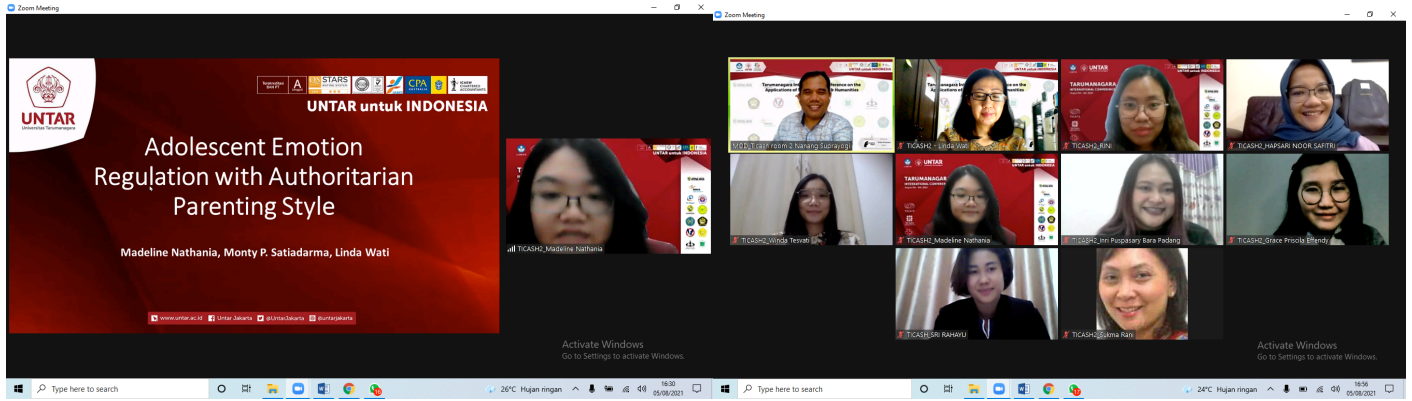
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3rd Tarumanagara International Conference on the Applications of Social Sciences and Humanities (TICASH 2021)

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# Adolescent Emotion Regulation Who were Raised with Authoritarian Parenting Style

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## ABSTRACT

Emotional regulation is a process of directing and expressing emotions which impacts on various aspects, such as affect, social, cognitive, physical, and psychological. Less adaptive emotion regulation leads to the increase of psychopathological symptoms. During adolescence, individuals experience various developments, changes, and demands. Adolescents' emotions are less stable and their parents still hold important roles in adolescents' lives. This study aims to understand how adolescents with authoritarian parenting style regulate their own emotions. This qualitative research used interviews for primary data collection and was assisted with parenting styles questionnaire which is used to ascertain their parenting styles. The subjects of this research were three adolescents who experience authoritarian parenting styles from both parents. All subjects felt under pressure from high demand, while parental responsiveness is low. The study found that all subjects used every emotional regulation strategy, including situation selection, situation modification, attentional deployment, cognitive changes, and response modification. However, their emotional regulation was shown to be relatively less adaptive. This is due to the use of emotion regulation strategies such as suppression, rumination, self-blame, and blame on others.

**Keywords:** *Emotion regulation, adolescence, parenting styles, authoritarian*

## 1. INTRODUCTION

The family is the smallest sphere in society as well as the place where children grow and are raised. The family provides a sense of emotional security, support and a place for children to learn social skills, personality characteristics, and values [1]. Parenting itself is divided into authoritative, authoritarian, permissive, and neglectful [2]. The four parenting styles are distinguished by the level of responsiveness and demands of parents, which is an authoritarian parenting pattern that has high demandingness and low responsiveness [3]. Parenting style plays an important role that does not stop at childhood. Children continue to grow and the role of parents still has an impact on their development. Adolescence is a period of storm and stress, where behavioral and emotional problems in relationships, especially parents, are at the peak [4]. Adolescence is also defined as a period of transition from children to adults accompanied by physical, cognitive, and psychosocial changes [5]. Psychological changes, especially unstable emotions are common in adolescents [5].

Emotion is affect related to physiological drives, awareness of experience, and expression through behavior [6]. Regulating emotions is very important for individuals, especially for adolescents whose emotions are yet to be

duration, and expression of these emotions [8]. The impact of poor emotional regulation is expressed in the form of internalized problems (such as sadness, anxiety, depression, social withdrawal, and somatic) and externalized problems (such as aggressiveness and antisocial behavior) [9]. The level of adaptability of emotion regulation is determined by the situation and the achievement goals of these emotions [9], [10]. Emotion regulation that is considered adaptive tends to help individuals to reappraise and accept the situations experienced [11], [12]. Emotion regulation that is considered less adaptive tends to have a temporary impact and does not help individuals in achieving the desired emotional response [13]. Less adaptive emotion regulation tends to have a strong relationship with depression and psychopathological symptoms such as avoidance, rumination, suppression, and blaming oneself and others [14]–[18].

Children with authoritative parents have adaptive emotion regulation, while authoritarian children have less adaptive emotion regulation [19]. This is possibly because parents with authoritarian style tend to emphasize a negative view of the existing situation [19]. Another possibility is that parents make demands and pay less attention to children's emotional needs, thus hindering the development of adaptive adolescent emotion regulation [19]. Research

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Emotional regulation is a process of directing and expressing emotions which impacts on various aspects, such as affect, social, cognitive, physical, and psychological. Less adaptive emotion regulation leads to the increase of psychopathological symptoms. During adolescence, individuals experience various developments, changes, and demands. Adolescents' emotions are less stable and their parents still hold important roles in

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