

The Impact of Parental Violence on Adolescent Mental Health: An Identification Study on Beeng Island, Sangihe Islands Regency

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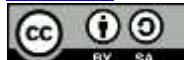
ABSTRAK

Kekerasan terhadap anak, terutama yang dilakukan oleh orang tua, masih menjadi permasalahan serius di Indonesia dan berdampak pada kesehatan mental remaja, seperti kecemasan, stres, dan rendahnya rasa percaya diri. Peningkatan kasus kekerasan verbal menjadi alasan penting untuk meneliti hubungan antara perilaku kekerasan orang tua dan kesehatan mental remaja. Penelitian ini bertujuan mengenali pengaruh kekerasan yang dialami remaja dari orang tua terhadap kesehatan mental mereka di Pulau Beeng, Kabupaten Kepulauan Sangihe. Penelitian menggunakan metode kuantitatif dengan kuesioner skala Likert. Populasi berjumlah 50 remaja usia 12–21 tahun, seluruhnya dijadikan sampel melalui teknik total sampling. Data dianalisis secara deskriptif dan inferensial menggunakan SPSS. Hasil penelitian menunjukkan bahwa kekerasan orang tua berpengaruh signifikan terhadap kesehatan mental remaja, dibuktikan melalui uji t (sig. $0,000 < 0,05$; $t_{hitung} 5,390 > t_{abel} 1,677$) dan uji F (sig. $0,00 < 0,05$). Temuan ini menegaskan bahwa semakin tinggi tingkat kekerasan yang dialami remaja, semakin buruk kondisi kesehatan mental mereka. Penelitian ini menekankan pentingnya pemahaman orang tua mengenai dampak kekerasan serta perlunya penerapan pola asuh positif untuk mendukung kesejahteraan psikologis remaja

ABSTRACT

Violence against children, especially that committed by parents, remains a serious issue in Indonesia and affects adolescents' mental health, such as anxiety, stress, and low self-confidence. The rise in cases of verbal violence becomes an important reason to study the relationship between parental violent behavior and adolescents' mental health. The study aims to identify the impact that young adults have on their mental health in Beng Island, Sangihe Islands County. Research uses a quantitative method with a Likert scale questionnaire. The population was 50 young people ages 12–21, sampled through a total sampling technique. Data are analysed descriptively and inferentially using SPSS. Studies show that parental violence has a significant impact on a teenager's mental health, verified by tests t (sig. $0,000 < 0,05$; $T minus 5,390 > t minus Abel 1,677$) and test f (sig. $0,00 < 0,05$). These findings point out that the higher the rate of violence young people are exposed to, the worse their mental health. The study emphasized the importance of parents' understanding of the effects of violence and the need for application of a positive upbringing to support the teen's psychological well-being.

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1. INTRODUCTION

Violence against children remains a serious problem in Indonesia. According to data from the Indonesian Ministry of Health (in Antu et al., 2022), many children aged 2-17 in Africa, Asia, and North America experience various forms of violence, ranging from physical violence to emotional abuse and neglect. A survey by the Central Statistics Agency (BPJS) shows that nearly half of children aged 13-17 have been victims of physical violence, while 13% have experienced emotional violence. The Indonesian Child Protection Commission (KPAI) reported a significant increase in cases of child abuse between 2015 and 2018. Data shows that many parents still shout at, frighten, and even use derogatory language, such as calling their children "stupid."

Furthermore, Ilham (2022) stated that the number of cases of violence against children increased from 4,369 in 2019 to 6,519 in 2020. The largest number of cases occurred in the family and alternative care sector (1,622), followed by education (1,567). This increase in cases indicates that violence no longer occurs only in the public sphere, but also frequently occurs within families, where children should feel safe. This situation indicates that the mandate of Law of the Republic of Indonesia Number 35 of 2014 concerning Child Protection has not been fully fulfilled, as children are still frequently victims of abuse within their own home environment.

Several studies have shown that several parents in Indonesia still consider the use of violence as an "educational method" for children, whether verbal violence, such as shouting, or physical violence, such as hitting or forcibly pulling children (Sumargi et al., 2023). Many parents believe that harsh measures can make children more disciplined and more likely to follow rules, a belief that has been passed down through generations and is considered a common parenting method. Furthermore, economic pressures, stress during parenting, and a lack of parental knowledge about positive parenting practices also increase the tendency to use harsh punishment. Meanwhile, research shows that parenting styles that promote violence can actually worsen children's behavior and increase the likelihood of emotional problems.

Adolescence is a developmental period that plays a significant role in the formation of identity, emotional management skills, and social skills. At this stage, parental support and involvement significantly influence adolescents' psychological development. Siregar (in Antu et al., 2020) states that parents should be protectors and sources of affection for their children, yet some still harm them, whether through hitting, harsh words, or emotional pressure. Children have the right to feel safe and loved.

According to Suyanto (2010), violence against children is any act that causes a child physical, psychological, sexual, or social suffering, including neglect of basic needs. Violence encompasses not only physical acts but also behaviors that make a child feel afraid, insecure, or inferior. Physical violence includes acts such as hitting or slapping, while psychological or emotional violence includes yelling, teasing, humiliating, or calling a child negative names. Sexual violence occurs when a child is subjected to any form of sexual abuse. Economic violence involves forcing a child to work, while social violence or neglect occurs when a child's basic needs, such as love, protection, education, or attention, are not met.

Djsysdin & Munastiwi (in Damayanti, 2023) state that parental violence, whether physical or verbal, can have serious impacts on children's psychological health, including depression, anxiety, trauma, and decreased self-confidence. In addition to affecting mental health, this violent behavior also hinders children's social and emotional development, thus disrupting their overall well-being. Children who frequently experience violence tend to feel worthless, have difficulty trusting others, and withdraw from social circles.

Mental health is a state of mind in which an individual can think clearly, manage emotions, adapt to life's pressures, and function productively in daily life (Mihret et al., 2024). During adolescence, mental health plays a crucial role because this phase is the period of identity formation, independence, decision-making abilities, and social skills. Adolescents with good mental health tend to be more confident, have stable learning motivation, can manage their emotions, and can establish positive social relationships. Conversely, adolescents who grow up in stressful environments, including parental violence, are more susceptible to emotional instability, which can impact their psychological and academic development.

The impact of mental health disorders on adolescents who experience violence can be diverse. Common disorders include excessive anxiety, persistent fear, depression, emotional stress, and decreased self-confidence. Furthermore, adolescents can experience sleep disturbances, difficulty concentrating, loss of interest in learning, and escapist behaviors such as social withdrawal or impulsive stress response. These conditions can also affect adolescents' ability to make decisions, interact socially, and form healthy relationships. If unsupported, these mental health disorders can persist into adulthood and increase the risk of other psychosocial problems.

Researchers' observations of adolescents on Beeng Island, Sangihe Islands Regency, indicate that the most common form of violence experienced by adolescents is verbal abuse, such as yelling or using harsh words. Most adolescents also exhibit signs of mental health disorders, such as difficulty sleeping, decreased concentration, and escapist behavior. This phenomenon indicates a link between parental violence and adolescent mental health.

Based on the above explanation of the increasing cases of violence against children, its impact on adolescent psychological development, and the findings observed by the researcher, the author believes that this issue is very important to investigate further. This is also in line with the results of the researcher's observations of adolescents on Beeng Island, where many of them experienced verbal and emotional violence from their parents and showed signs of mental health disorders. Therefore, this study aims to identify the impact of parental violence on the mental health of adolescents on Beeng Island, Sangihe Islands Regency.

2. METHOD

This study used a quantitative, correlational design. The sample consisted of 50 adolescents residing on Beeng Island, Sangihe Islands Regency, aged 12–21. All participants were selected using a total sampling technique due to the relatively small population size, and all met the research criteria. Data were collected using a Likert-scale questionnaire aimed at measuring two main variables: parental violence and adolescent mental health. The researchers developed the instrument used based on theory and findings from previous studies.

3. RESULT

The research was conducted on Beeng Island, Sangihe Islands Regency, involving 50 adolescent participants, with data collected using a set of questions.

Table 1. Distribution of Respondents by Age

Age	Frequency	%
13-15	10	20
16-18	20	40
19-21	20	40
Total	50	100

Shows that the distribution of respondents by age is: 13-15 years, 10 people (20%); 16-18 years, 20 people (40%); and 19-21 years, 20 people (40%).

Table 2. Distribution of Respondents by Gender

Gender	Frequency	%
Male	28	56
Female	22	44
Total	50	100

Based on the data in the table above, the distribution of respondents by gender is 28 men (56%) and 22 women (44%).

Table 3. Kolmogorov Test Results

Variable	Sig. (p)	Meaning
Research Variables (combined)	0,069	Normal

Based on the Kolmogorov-Smirnov test (Table 14), the p-value of 0.069 (> 0.05) indicates that the data are normally distributed, so the normality assumption is met for parametric analysis.

Table 4. Multicollinearity Test Results

Independent Variable	Tolerance	VIF
Parental Violence	1,000	1,000
Independent Variable	Tolerance	VIF
Parental Violence	1,000	1,000

The results of the multicollinearity test indicate that the parental violence variable has a tolerance value of 1.000 and a VIF value of 1.000. Because the tolerance value is greater than 0.10 and the VIF value is well below 10, it can be concluded that there is no multicollinearity in the model. Thus, the independent variables are not highly correlated with each other and meet the multicollinearity assumption.

Table 5. Linearity Test Results

Indikator	Nilai Sig.	Keterangan yang digunakan
Deviation From Linearity	0,183	It is stated > 0.05 and is considered linear.

Based on the results of the linearity test, the Deviation From Linearity value was 0.183. The table shows that this value is greater than 0.05, indicating a linear relationship between Parental Violence (X) and Child Mental Health (Y).

Table 6. Hypothesis Test Results t

Variable	Thitung	Ttable	Sig.
Parental Violence – Adolescent	5,390	1,677	0,000
Mental Health			

Based on the results of the t-test, a significance value of $0.000 < 0.05$ was obtained, and t count $5.390 > t$ table 1.677 , so it can be concluded that there is a partial influence of parental violence (X) on

adolescent mental health (Y). This means that the higher the level of violence received by adolescents, the worse their mental health condition.

Table 7. F Hypothesis Test Results

Source of Variation	Sig.	Meanings
Model Regresi (X-Y)	0,000	Signifikan (sig < 0,05)

Based on the F-test results, a p-value of 0.000 was obtained, indicating that the value is less than 0.05. Thus, it can be concluded that there is a significant simultaneous influence between the variables of Parental Violence (X) on Children's Mental Health (Y).

4. DISCUSSION

This study aims to identify parental violence against the mental health of adolescents (13-21 years old) on Beeng Island, Sangihe Islands Regency. Based on initial data collection conducted with several adolescents on Beeng Island, it was found that verbal violence was the most common form of violence. This condition indicates that harsh and unsupportive communication patterns remain common in adolescents' daily family life.

The results of the study indicate a relationship between parental violence and children's mental health, based on the F-test, with a significance value of $0.00 < 0.05$ and a calculated t of 5.390 $> t$ -table 1.677. This indicates that H_0 is accepted and H_1 is rejected, indicating a relationship between parental violence and children's mental health. This means that the higher the level of violence experienced by children from their parents, the lower their mental health. This finding aligns with research by Febriana et al. (2022), which found that parental verbal violence has a strong impact on children's mental health disorders, particularly in the form of stress, depression, and decreased self-confidence.

More broadly, the findings of this study align with those of Sumargi et al. (2023), who emphasized a significant relationship between harsh parenting and the use of verbal abuse and the emergence of emotional problems among adolescents. Children who frequently experience yelling or demeaning behavior tend to exhibit signs of anxiety, irritability, and difficulty regulating their emotions. Furthermore, international research by Wang et al. (2020) supports these findings, showing that harsh treatment from parents, including verbal abuse, is associated with increased symptoms of depression and anxiety among adolescents.

Understanding the impact of parental abuse on children is crucial, as it significantly impacts their psychological development. Adolescents are currently undergoing a significant transition, where they must develop independence, social competence, and self-confidence. These skills help them navigate the challenges of everyday life. When adolescents experience verbal or emotional abuse, they lack the emotional support necessary for this developmental process (Sari et al., 2024).

Several studies support these findings. For example, research conducted by Hasanah et al. (2022) showed that children who frequently experience verbal abuse from their parents exhibit higher levels of anxiety and depression than children who do not experience such abuse. Research by Nugroho & Lestari (2023) confirms that verbal abuse negatively impacts adolescents' social skills and self-confidence. Furthermore, international research by Smith et al. (2021) indicates that verbal abuse from parents can increase the risk of long-term emotional disorders, including difficulty regulating emotions, chronic stress, and low psychological well-being. Research by Rahman & Kurniawan (2020) adds that adolescents who experience verbal abuse are more likely to exhibit maladaptive behaviors and problems in social interactions.

Violence experienced by children, whether physical or psychological, can significantly impact their mental health (Sidoarjo, 2024). Home should be a safe and supportive environment. However, when children experience violence, they can feel threatened and lose their sense of

security. The role of parents in creating a supportive and safe environment for children is crucial (Association of Parental Verbal Abusers, 2025). Furthermore, they need to make time for enjoyable activities and support their children in dealing with emotional challenges. Even in challenging situations, parents should not assume responsibility for solving their children's problems; rather, they should accompany them in finding solutions (Yusri, 2023).

Mental health can be defined as a state of well-being reflecting an individual's ability to cope with stress, maintain emotional balance, and navigate daily life efficiently and productively (WHO, 2022). A person with good mental health can adapt to life's challenges, maintain adequate psychological functioning, and positively engage with their social environment. Furthermore, good mental health also involves maintaining a realistic view of oneself, managing emotions healthily, and building supportive social relationships. This is especially important for children and adolescents, as they require support during this phase to develop self-confidence, emotional regulation, and healthy social skills (American Psychiatric Association, 2023).

Mental health in adolescents is understood as the ability to manage stress, maintain emotional balance, and interact effectively within their social environment (Savitri & Listiyandini, 2023). A key aspect of psychological well-being for adolescents is regulation, encompassing emotion regulation, self-confidence, stress coping, and social skills, all of which are essential for healthy psychological development (Afrashteh & Hasani, 2022). Research shows that adolescents' ability to manage their emotions significantly impacts their psychological well-being, including their ability to cope with stress and maintain self-esteem (Prastiwiningsyah & Fasikhah, 2024).

Furthermore, social support and a positive family environment play a crucial role in maintaining adolescent mental health, as safe and supportive relationships help children develop skills to cope effectively with stress (Wahyuningsih et al., 2024). In other words, adolescents' psychological well-being is not only the result of the individual's internal conditions. However, it is also influenced by external factors such as parenting patterns, peer interactions, and the social contexts they encounter (Rahmawaty et al., 2022).

Research by Ramdani et al. (2024) confirms that verbal violence in the household significantly impacts children's self-confidence and emotional balance. Children who experience verbal abuse from their parents tend to have low self-esteem and experience obstacles in their emotional development. This research is also supported by research by Dwiyanti et al. (2021), which revealed that emotional and verbal violence can lead to anxiety, sleep problems, difficulty concentrating, and difficulty coping with stress in children. If these problems are not effectively addressed, their impact can persist into adolescence and adulthood. The similarities in these findings indicate that verbal violence against children is not unique to Beeng Island but occurs in various settings and can have serious impacts on children's mental health.

By understanding the relationship between parental and adolescent violence, we can design more effective policies and interventions to support children experiencing violence. This understanding is crucial for raising parental awareness of the need to create a supportive environment for children's development, enabling them to grow into emotionally and mentally healthy individuals.

5. CONCLUSION

Parental violence can have a significant impact on adolescents' mental health. Both physical and emotional forms of violence have a serious impact on a child's psychological development. Adolescents who experience domestic violence are at high risk of developing mental health problems, such as anxiety, depression, and behavioral problems. Parents play a crucial role in creating a safe and supportive environment for their children. By providing adequate attention, listening, and supporting their children when they face challenges, parents can help mitigate the harmful effects of violence. Furthermore, it is crucial to raise awareness of the importance of positive parenting and appropriate interventions to support children's mental health.

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