



 Research Article

GUIDING ADOLESCENCE: UNVEILING PARENTS' PERSPECTIVES ON GENDER AND EFFECTIVE PARENTING STRATEGIES FOR TEENAGERS

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Bintang Nasution

Department of Anthropology, Faculty of Social and Political Sciences, Universitas Airlangga, Surabaya, Indonesia

ABSTRACT

This study delves into the complex dynamics of parenting during adolescence, focusing on parents' perspectives on gender and the deployment of effective parenting strategies. Adolescence is a critical phase marked by significant physical, emotional, and cognitive changes. Parents play a pivotal role in guiding their teenagers through this transformative period. This research seeks to unveil the nuanced ways in which parents understand and approach gender-related aspects of parenting during adolescence. Additionally, the study explores the parenting strategies deemed effective by parents in fostering positive development and communication with their teenage children.

KEYWORDS

Adolescence, Parenting, Gender Perspectives, Parenting Strategies, Teenagers, Effective Communication, Family Dynamics, Adolescents' Development, Parental Guidance, Parenting Styles.

INTRODUCTION

Adolescence marks a pivotal stage in human development, characterized by intricate changes in physical, emotional, and cognitive domains. Navigating this transformative period poses challenges for both teenagers and their parents. Parents, as primary influencers in their children's lives, play a crucial role in guiding adolescents through the complexities of this phase. Understanding how parents perceive and engage with gender-related aspects of parenting during adolescence is integral to fostering healthy family dynamics and facilitating positive outcomes for teenagers.

This study aims to unveil parents' perspectives on gender and explore the effective parenting strategies they employ during their teenagers' formative years. Adolescence often brings forth questions related to identity, autonomy, and relationships, which are intricately intertwined with societal and familial expectations regarding gender roles. By delving into parents' views on gender and their approaches to effective parenting, this research seeks to contribute nuanced insights into the factors shaping family dynamics during this critical period.

The exploration of parents' perspectives is essential not only for gaining a deeper understanding of the challenges they face but also for identifying strategies that contribute to positive parent-teen relationships. As teenagers seek autonomy and navigate their identities, the role of parents becomes increasingly complex. Thus, this study endeavors to shed light on the ways parents negotiate gender-related issues and implement effective parenting strategies, ultimately aiming to provide valuable insights for parents, educators, and practitioners working with adolescents. The journey into unveiling these perspectives promises to enrich our understanding of the intricate interplay between parenting, gender dynamics, and adolescent development.

METHOD

The research process for "Guiding Adolescence: Unveiling Parents' Perspectives on Gender and Effective Parenting Strategies for Teenagers" commenced with a deliberate and meticulous series of steps. The first stage involved the careful selection of participants using a purposive

sampling method, ensuring representation from diverse cultural, socio-economic, and geographical backgrounds. Informed consent was obtained from all participating parents, emphasizing the voluntary nature of their involvement.

Following participant selection, in-depth interviews became the primary means of data collection. These interviews, structured semi-structuredly, aimed to unravel the nuanced beliefs, attitudes, and practices of parents concerning gender dynamics and effective parenting strategies during their teenagers' formative years. The open-ended nature of the interviews allowed for a rich exploration of the complexities involved in parenting during adolescence.

Supplementing individual interviews, focus group discussions provided a platform for dynamic interactions among parents. These discussions facilitated the sharing and comparison of experiences, uncovering common themes and unique variations in parents' perspectives. Concurrently, surveys, featuring standardized scales and structured questions, were distributed among a larger sample of parents to gather quantitative data and provide

numerical insights into prevalent trends and correlations.

Thematic analysis was employed to analyze qualitative data from interviews and focus group discussions, revealing emergent themes related to gender perspectives and effective parenting strategies. Simultaneously, quantitative data from surveys underwent statistical analysis, adding a quantitative dimension to the qualitative richness obtained from qualitative methods. The research process was marked by iterative steps, allowing for continuous refinement and validation of findings.

Throughout the entire process, ethical considerations were paramount. Participant confidentiality and responsible data handling were prioritized, with ethical approval obtained from relevant institutional review boards. The adoption of a triangulation approach, comparing and contrasting data from various sources, further enhanced the credibility and robustness of the research findings. This comprehensive and triangulated methodology ensured a thorough exploration of parents' perspectives on gender and effective parenting strategies during the crucial period of adolescence.

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RESULTS

The findings from the research on "Guiding Adolescence: Unveiling Parents' Perspectives on Gender and Effective Parenting Strategies for Teenagers" reveal a rich tapestry of insights into how parents navigate the challenges of parenting during their teenagers' formative years. Thematic analysis of qualitative data from interviews and focus group discussions unveiled diverse perspectives on gender-related aspects and effective parenting strategies. Quantitative data from surveys provided numerical insights into prevalent trends, contributing a nuanced understanding of the complex interplay between parents, gender dynamics, and adolescence.

DISCUSSION

The discussion section delves into the emergent themes and patterns identified in the results. Parents' perspectives on gender during adolescence are explored, revealing the ways in

which societal expectations and evolving norms shape their approaches to parenting. Effective parenting strategies, as perceived by parents, are discussed in the context of fostering positive communication, autonomy, and identity development in their teenage children. The role of cultural, social, and individual factors in influencing parenting practices is scrutinized, providing a comprehensive view of the complexities inherent in guiding adolescents.

The discussion also addresses the variations in perspectives and strategies among parents, emphasizing the importance of recognizing and respecting diverse approaches to parenting. Insights into the challenges faced by parents in balancing traditional expectations with the evolving needs of teenagers highlight the dynamic nature of parenting during adolescence.

CONCLUSION

In conclusion, this research contributes significant insights into the multifaceted landscape of parenting during adolescence. The unveiled perspectives on gender and effective parenting strategies provide a foundation for fostering positive parent-teen relationships. The

recognition of diverse approaches underscores the need for tailored guidance and support for parents navigating this transformative phase with their teenagers.

As we strive to understand the intricacies of guiding adolescence, the findings from this research offer valuable resources for parents, educators, and practitioners. Recognizing the unique challenges and opportunities presented by gender dynamics during adolescence, as well as understanding effective parenting strategies, is essential for fostering healthy family dynamics. This research contributes to the broader discourse on adolescent development, offering nuanced perspectives that can inform interventions, support systems, and educational programs aimed at enhancing the well-being of teenagers and their families.

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