

ABSTRAK

Masa remaja ialah periode perkembangan transisi dari masa kanak-kanak hingga masa dewasa yang mencakup perubahan-perubahan biologis, kognitif, dan sosial emosional. Pada masa remaja muncul konsep personal space dan berkembang sangat pesat. Siswa mulai menjauh dari orangtua dan menyimpan banyak rahasia dari orangtuanya dan cenderung lebih terbuka kepada teman. (Pathak, Sweta : 2012). Orangtua melakukan parental monitoring namun respon siswa justru melanggar sehingga orangtua menjadi khawatir. Kekhawatiran orangtua terhadap ketidakmatangan siswa membuat orangtua merasa perlu melakukan parental monitoring. (Pathak, Sweta : 2012)

Tujuan dari penelitian ini adalah mengetahui derajat hubungan parental monitoring dengan self-disclosure pada siswa SMA "X" di Cimahi. Hipotesis penelitian ini adalah terdapat hubungan antara parental monitoring dan self-disclosure pada siswa SMA "X" di Cimahi.

Terdapat 394 siswa yang berpartisipasi dalam penelitian ini yang dipilih berdasarkan teknik proportional stratified random sampling. Setiap partisipan mengisi kuisioner yang merupakan terjemahan alat ukur Kerr & Stattin (22 item) dan modifikasi alat ukur dari Wheelless & Grotz (34 item).

Hasil uji korelasi Spearman dalam SPSS antara parental monitoring dan self-disclosure yang dilakukan diperoleh hubungan positif yang signifikan dengan skor sebesar 0,174. Kesimpulan yang diperoleh adalah terdapat hubungan yang signifikan dengan derajat yang sangat lemah antara parental monitoring dengan self-disclosure pada siswa SMA "X" Cimahi. Hal ini berarti semakin tinggi derajat parental monitoring yang dimiliki siswa, maka semakin tinggi pula derajat self-disclosure yang dimiliki. Apabila parental monitoring tinggi maka self-disclosure juga akan tinggi Sedangkan jika parental monitoring rendah maka self-disclosure bisa tinggi atau rendah.

Kata kunci : parental monitoring, self-disclosure, remaja, siswa SMA

ABSTRACT

Adolescent is a transition period from childhood into adulthood; the changes itself include changes in biological, cognitive, and social-emotional. A Student in adolescent period will start to develop a concept of personal space and start growing rapidly. Student starts putting a distance with their parents and starts keeping secrets from them. Instead of their parents, a student in adolescent period is relatively more open to their friends. (Pathak, Sweta: 2012). Parents implement parental monitoring, but student in adolescent period react by going against their parent's rules and wishes and thus making the parents worried. The parents worry about their children's immaturity is the thing that drives the parents to implement parental monitoring. (Pathak, Sweta: 2012)

The purpose of this research is to identify the degree of relationship between parental monitoring and self-disclosure on Highschool "X" Cimahi. The hypothesis of this research is there is a relationship between parental monitoring and self-disclosure on the students of "X" Highschool Cimahi.

394 students participate in this research; they are chosen by using proportional stratified random sampling method. Every participant is required to fill a questionnaire that contains a translated version of Kerr & Sattin measurement tool (22 Items) and a modified measurement tool from Wheelles & Grotz (34 Items).

The Spearman correlation test result on SPSS software between parental monitoring and self-disclosure resulted in a positive and significant relationship with a score of 0,174. The conclusion of this research is there is a positive and significant relationship. However, the degree of the relationship is relatively low between parental monitoring and self-disclosure on students of "X" Highschool Cimahi. Based on the previous discussion, it can be concluded that the higher degree of parental monitoring on a student will result in an increase of self-disclosure on the student itself. If parental monitoring is high, then self-disclosure will also be high. However, when the degree of parental monitoring is low, it doesn't necessarily lead to a low degree of self-disclosure, it can be high or low depending on the individual involved.

Key words : parental monitoring, self-disclosure, adolescent, high school student

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