

The Intervention-Task Model Based on the Microsystem Layer of Families as the Effort in Developing Late Adolescent's Dating Identity Status

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Abstract— To late adolescents, dating is an initial step to marriage. Those who date will experience explorations and commitments in their relationships. These are the criteria of an identity status, especially for dating. Basically, the beginning of adulthood is an identity crisis stage, including dating identity. Sexual harassment or abuse is undesirable in dating relationships. Therefore, families, especially parents, take very important roles in guiding their children to develop their dating identity status in the best way. The purpose of this study is to explore and gain information regarding the dating identity of late adolescents by using task intervention model according to the microsystem layer. The analysis result shows that 1) late adolescents desire interventions according to the microsystem layer of families, in this case, parents as the bridge to tighten dating relationships, 2) late adolescents experience significant increases of dating identity status after doing interventions, 3) late adolescents have clearer commitments after doing interventions.

Keywords— *dating identity, family microsystem, late adolescents*

I. INTRODUCTION

The development stage of a human life begins since fetus stage until elderly. Each stage has development characteristics. Adolescence is a stage in which an individual integrates to adults, where children are not at lower level of older people, but at the same level [1]. Adolescence starts in the 11 - 20 age range [2]. Meanwhile, late adolescence starts in the 18 - 22 age range [3]. One of the tasks in adolescence is attainment to a new and mature relationship, being mature in having a relationship with a man or a woman also in preparing a marriage and a family [4]. A task of adolescence development requires adolescents to choose their life partners. One of the ways to find a life partner is to have a relationship with the opposite sex. Some people agree with having a relationship before marriage. On the contrary, the rest decide not to have a relationship or to date someone before marriage and directly decide to get married.

Dating is a phenomenon frequently happens to adolescents and adults. It is the most desirable relationship in adolescence [5]. Dating is one way to gain a close relation [6]. Broadly explained, dating is a process in which adolescents are able to defend or search for their identities in friendships or society [7]. Reference [8] Different definitions

of dating in three points of view, are that (a) dating is passionate love interest to someone; (b) dating is closely related to sexual activities; and (c) dating is a commitment to love, trust, be loyal to, and respect each other as a bridge to a legal marriage. These three points of view are mostly believed. Reference [4] adolescents fall in love in their teens. In this stage, physical development has been sexually mature that influences their social development. Male adolescents start to be interested in female adolescents in this stage and vice versa. Their interest causes love along with physical drive ideally drawn as romantic love. Romantic love engages love, care, and possession needed by each other. Lasting romantic love will achieve love tied in a marriage, realistically oriented to engage two people who have a calm relationship.

Reference [2] it is said that a romantic relationship tends to be more intense and more intimate during adolescence. Reference [9] adolescents date in order to select their partners. The selection is conducted based on the exploration with their partners. Often, unmatched things between partners cause problems when exploration happens. These problems can be in the form of abuse or violence. Reference [10] cases of physical or even sexual abuse suffered by unmarried women reach 42.7%. 10,847 abuse doers in which 2,090 of them are dating partners [10]. 20% of women and 11% of men suffer abuse [11]. A study explains that dating identities of college students show that 97.92% of students have a dating achievement identity and 2.08% of them have a dating foreclosure identity [12]. This study gives a picture that some college students do not understand themselves in terms of dating or having a relationship. Various effects caused by abuse may emerge, such as physical and mental health disorder. Dating in adolescence should be under supervision of parents in order to minimize abuse. Families have important roles in development of children [13]. Supports of families especially of parents can boost their self-esteem and explorations in their dating identities [14]. Beside the roles of parents, counselors also take some roles in overcoming children's problems in dating and marriage in their later lives. According to the data, the causes of divorce in big cities are 46,723 cases of lack of domestic harmony, 24,252 cases of economic factors, 4,916 cases of family crisis, 4,708 cases of jealousy, 879 cases of polygamy, 1,692 cases

of arranged marriage, 284 cases of under-age marriage, 916 cases of domestic violence, 581 cases of biological deformity, 153 cases of remarriage, 157 cases of different political views, 9,071 cases of family problems, and 54,138 cases of infidelity [15].

These phenomena give a picture that adolescents experience identity confusion that will impact on their adulthood even on their marriage, such as divorce and domestic violence. Parents' support in their relationships is needed in order to develop their dating identity status. For that reason, interventions are needed as a task to bridge late adolescents to their parents.

II. METHODS

The research approach used in this study is a qualitative approach. This study focuses on the use of a phenomenology method. The subject selection is done using a purposive technique. The number of subjects is 5 people that fit certain criteria, such as: male and female, college students of FIP UNY, in the 18-22 age range, in a relationship minimum one-year relationship, and willingness to participate as a subject of the study. The data collection techniques are interviews, observation, and scale. The data analysis technique is a qualitative-descriptive analysis by data reduction. This study is located in Yogyakarta State University.

III. RESULT AND DISCUSSION

Result

The analysis results show that 1) late adolescents want interventions according to the microsystem layer of a family, in this case, parents to tighten their relationships with their partners, 2) late adolescents experience significant increases of their dating identity status after doing interventions, and 3) late adolescents have clearer commitments after doing interventions.

Discussion

Dating identity status is a process in which individuals understand a picture of themselves as adolescents that is closely related to dating or relationships, such as, interaction between two adolescents voluntarily, goal to have a relationship, and understanding themselves in a relationship, hence they are able to make solid commitments in their lives. References [16] many adolescents associate with fellow peer groups or groups based on various considerations such as interests, socioeconomic, moral, and the same talent. This makes adolescent have a wide communication network and is no exception with more mature people. In this transition period, adolescents do not become children anymore who are preferred to manage adults [1]. The adjustment process, adolescents begin to recognize and show various norms in relationships. Adolescent association with the opposite sex is felt to be the most important because not only can apply adolescent social norms but, also there is a thought of the future needs to find a life partner [16].

Marcia examined a further theory of identity development by Erikson and concluded that Erikson's theory about identity includes four identity status. They are identity diffusion, identity foreclosure, identity moratorium, and identity achievement [3]. Identity foreclosure is a term for late adolescent who have made a commitment but have never experienced a crisis. This identity status often occurs when

parents decrease their commitment to adolescence, usually authoritatively, so that adolescents do not have enough opportunities to explore approaches, ideologies, and occupations that vary in their own way. Identity moratorium is a term used by Marcia for adolescents who are in crisis, but have no commitment at all or commitments that are not too clear [3]. Identity achievement is the term Marcia for adolescents who have gone through a crisis and have made a commitment [17]. Identity diffusion states that the status of an individual with a commitment to the choices made followed by an identity crisis, spends time exploring the options [2].

Observation and interviews show dating identity problems, such as, that adolescents get confused while having a closer relationship to the opposite sex and being open about their relationships to their parents. Some college students are in a relationship, but they never do explorations. According to the behaviors of dating identity status above, the process of dating identity development is influenced by external factors. It is seen from the perspective of the microsystem layer; individual interaction with his/her family. The scale result of dating identity status shows that there is one subject who has a diffusion identity, two foreclosure identities, and two moratorium identities. The five subjects have not yet attained their achievement identities. Then, they do interventions in the form of a task and fill in the scale again. As the result, they experience score increases on the exploration and commitment aspects.

During this period, the late adolescent experience a period of falling in love that exports each other's partners to commit to a more serious direction. In the third subject relationship there is no physical violence. However, on the other two subjects there was verbal abuse. According to the subject it often triggers conflict. At the time of the conflict they felt they needed someone who could provide the best way for their relationship. Conflict in the other three subjects is in the form of differences of opinion. According to the authors this is exploration in a relationship. The author suggests using task interventions or using counseling services in campus. The task intervention process is carried out for 7 days. Each subject can get a maximum of 7 tasks with 7 days of work. Each subject is expected to work on 1 task a day. The subject of DM in the diffusion category was due to exploration and commitment in his dating relationship and then did the task intervention and slightly increased his identity status. Likewise with the subject of GL and AR experiencing foreclosure because it has a high commitment but the exploration is low. Whereas BL and LU experience a moratorium because they have high exploration but their commitment is low.

IV. CONCLUSION

Adolescence is a period of searching for identity especially dating identity. Where in courtship relationships, late adolescent still need guidance and direction from parents and counselors to avoid problems in courtship. The task of intervention is one alternative that can be used by counselors in developing a dating identity in late adolescents. Involvement of parents in dating relationships is expected to develop a dating identity and avoid

violence in courtship. The task intervention is expected to facilitate the communication of late adolescent and parents in discussing healthy dating relationships. Expected by the task intervention can reduce the problems that exist in the relationship and maintain commitment so that the achievement of the end in a dating relationship that is marriage. Can be seen from the five subjects doing task intervention has increased.

ACKNOWLEDGEMENT

I am especially grateful for Dr. Sigit Sanyata, M.Pd for support and inspiration on this paper. For the research subject, thank you and hopefully get the relationship goals. And for future researchers, to be more optimal in developing interventions because the task interventions given by researchers have a short time.

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