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Emotionally Focused Coping Behavior as a Form of Coping with Stress for Adolescents Experiencing Toxic Parenting Viewed from an Islamic Perspective

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Abstract - This article aims to explain stress coping carried out by teenagers who experience problems in the family, especially parenting parents who tend to be toxic (hurt children's souls) consciously or unconsciously. In an effort to overcome the pressure caused by toxic parenting, teenagers carry out stress coping strategies to reduce their feelings of pressure. The research method used a qualitative approach, there were 10 informants with an age range of 14-19 years. The research location is Padang Tepong Village, Ulu Musi District, Empat Lawang Regency, South Sumatra. The sampling technique uses purposive sampling. Data was taken through direct interviews and analyzed and validated using the data source triangulation method. The results of this research show that forms of toxic parenting are carried out by parents, such as labeling children as lazy, stupid, comparing children, scolding children, constantly bringing up and taking into account the costs that have been spent on children, making children feel unloved, ignoring children's feelings, controlling their lives too much, children, neglect and loss of the role of parents in children's lives. The dominant stress coping strategy is directed towards emotion focused coping distancing.

Keywords – Coping With Stress, Parenting, Toxic Parents.

INTRODUCTION

The use of the term "toxic parenting" may be a familiar topic to discuss. It is easy to understand that toxic parenting is a term that refers to the pattern of parental care that is applied to children in everyday life which is detrimental to the child either directly or indirectly, whether intentionally or unintentionally, and can be done verbally or verbally nonverbal. Parenting patterns are seen as very influential in children's growth and development, especially during adolescence which is a transition period from children to adults.

Parental parenting styles have a big influence on children's growth and development, especially during adolescence which is a transition period from children to adults. According to WHO, the age range for teenagers is 10-19 years, whereas based on the Republic of Indonesia Minister of Health Regulation number 25 of 2014, teenagers are residents in the age range 10-18 years and according to the Population

and Family Planning Agency (BKKBN) the age range for teenagers is 10-24 years old who is not married (Diananda, 2018). Hurlock said that in the original language, adolescence is called adolescence, Latin, which means "growing or growing to reach maturity" which includes mental, emotional, social and physical maturity (Ali & Asrori, 2015). The periodization of adolescence according to Hurlock is divided into three periods, namely, early adolescence which begins at the age of 12-14 years (early adolescence), (middle adolescence) middle adolescence at the age of 15-18 years, and (late adolescence) late adolescence at the age of 19-21 year (Hurlock, 2017).

According to Blos (Sarwono, 2012) the essence of development is an effort to continue to adapt (coping) which actively means that teenagers are able to overcome stress and find their own way out of various kinds of problems that occur on the way to maturity. In this process, teenagers are often faced with the problem of conflict between parents and

children, where sometimes parents experience difficulties in educating children, starting to dare to fight, break rules, no longer communicate and can no longer be controlled by parents (Peter, 2015). Changes that occur during adolescence can make the relationship between parents and teenagers difficult if parents do not understand the process that occurs. To prevent relationships from deteriorating, it is important for parents need to have good parenting patterns (Baharuddin, 2019). James said parenting is about how parents interact and provide love, react, overcome problems and how parents act as role models in front of their children (Sunarty, 2016).

According Hurlock (Yusuf, 2011) Parental parenting styles for children are divided into authoritarian, democratic and permissive parenting styles. wrong parenting patterns can affect a child's development both physically and psychologically. This is because from an early age, children are very critical and able to record what their parents do to them (Rianti & Dahlan, 2022). Currently, some children grow up in a family environment that is abusive and treats them badly. This condition has the term "poisoning" parents, while the parenting style is called toxic parenting (Oktariani, 2021). Examples of toxic parenting are treating children harshly both physically and verbally, treating children according to what parents want, ignoring children, scolding children excessively, ordering, being overly protective, ignoring, and there are even parents who reject their children's presence (Rianti & Dahlan, 2022). Toxic parenting is included in the authoritarian parenting style, namely educating children by deciding all policies, steps, tasks and reflecting the harsh and discriminatory attitudes of parents (Ayun, 2017).

The task of parents is not only to meet the physical needs but also the psychological needs of children so that children grow and develop optimally, but each parent has different abilities and ways of raising and educating children so that the problem of toxic parenting patterns cannot be avoided. Toxic parenting can hurt and poison children because toxic parents cannot empathize and tend to get angry, yell, and be calculating with children in the name of love (Pupu, 2022). Duham and Dermer say another term for toxic parenting is poisonous parents, which is the interaction and way parents educate their children about life in a way that is toxic and has bad consequences for the child's ability to form relationships with other people (Sumardjijati, Claretta, & Arviani, 2022).

Violations of children's rights often occur in Indonesia, KPAI recorded 5,953 cases in 2021 and of the 5,953 cases, 859 cases were child victims of sexual violence. Of the cases of physical and psychological violence, 574 cases of children were victims of abuse, 515 children were victims of psychological violence, 35 children were victims of murder and 14 children were victims of brawls (KPAI, 2022). The Central Statistics Agency (BPS) recorded that in 2020 the total number of cases of violence in South Sumatra was 341 cases. The forms of violence that occurred included 184 cases of physical violence, 161 cases of sexual violence and 139 cases of psychological violence. Most of the victims of violence cases were women who were still children with 165 cases, and adult women with 121 cases. The city of Palembang is the region of South Sumatra that has the most cases of violence, namely 85 cases with 50 cases of physical violence and 37 cases of psychological violence (Rizaty, 2021).

Based on this data, it is known that the level of violence against children is still high. One example of the case is that in March 2022, a 35 year old mother with the initials KU in Tonjong District, Brebes Regency, Central Java killed her biological child. This action was carried out because of economic problems, a lack of love from her husband, and the childhood trauma of the perpetrator of her mother's previous actions. This case is proof that child abuse can be committed by anyone, even those closest to them, namely parents. The causes, apart from economic problems and infidelity, are the wrong parenting patterns carried out by parents, the bad treatment they received as a child, and the painful memories of the past that leave a lasting impression are also very influential (Nugroho, 2022). Apart from physical violence, verbal violence is also often carried out by parents, whether intentionally or not. Forms of verbal violence include hurtful words spoken by parents, such as words that belittle children, consider children to be disaster bearers, make children feel meaningless, and give them bad labels. The psychological impacts caused include children becoming aggressive, having developmental and emotional disorders, having a sociopath personality or antisocial personality disorder, disrupted social relationships, and becoming insensitive to other people's feelings (Erniwati & Fitriani, 2020).

Research conducted by Usta Andani (2022) regarding "The Relationship between Parental Bullying Behavior and Adolescents' Self-Concept in Sumber Asri Village, Musi Rawas Regency", the

results of this research shows that statistically there is a significant relationship between parental bullying behavior and adolescents' self-concept which is directed towards negative. The higher the level of bullying behavior carried out by parents, the lower the adolescent's self-concept. Neglect and abuse theory states that abuse and neglect perpetrated on children can result in physical and psychological disorders, can even result in death, and have a long-term negative impact (Kurniasari, 2019). The strategy for dealing with toxic parenting is to cope with stress. An individual has the ability to adapt, maintain health and use the energy he has to overcome the problems and stress that occur. These coping resources can influence the coping strategies that will be used to solve various problems (Andriyani, 2019).

Coping can be interpreted as an effort or reaction made by an individual to overcome, reduce, or tolerate feelings that are a burden and psychological pressure that causes stress (Saihu, Abdushomad & Darisman, 2021). Lazarus and Folkman said that the stress experienced by individuals can cause unfavorable impacts both psychologically and physiologically. Therefore, individuals need to take action to deal with it, this action is called a coping strategy. Coping strategies are efforts in the form of behavior or thoughts (negative or positive) that a person makes to eliminate, reduce, or overcome situations and demands that are felt to be pressing, psychologically burdensome, both from within and from outside so as not to cause stress (Maryam, 2017). According to Lazarus & Folkman, there are several ways to categorize the coping strategies used by individuals when facing stress, namely coping strategies as a problem focused coping aimed at changing or eliminating the source of stress and coping as an emotional focus (emotion focused coping) which focuses on adjustment emotional response caused by stressful situations (Setianingrum & Maryatmi, 2020).

Based on the explanation above regarding toxic parenting and its impact, coping strategies are very important so that teenagers can reduce the pressure or risk of stress that occurs within themselves, feel better physically and psychologically, gain a sense of security within themselves, can make peace and accept the situation or problem. What happened in his life. Apart from that, the coping strategies used by teenagers are expected to lead to positive things in order to avoid delinquency and things that can harm the teenagers themselves.

The results of observations in Padang Tepong Village, Ulu Musi District, Empat Lawang Regency, South Sumatra, researchers found that there were parents who scolded or talked badly about their children in public, neglect, abandonment, parents did not fulfill their obligations as parents, shouted, abused children with words, harsh words, calling children with animal names, strict parents, bringing up the costs spent to support the child, comparing one child with another, differences in giving love, accusing the child of juvenile delinquency, making the child feel unloved, They always want to control their children's lives, some parents have even resorted to physical violence.

From the description that has been explained above and the problems that the researcher encountered in the field, the researcher is interested in conducting research with the title "Coping Strategies Stress of Teenagers Experiencing Toxic Parenting in Padang Tepong Village, Ulu Musi District, Empat Lawang Regency, South Sumatra. This research aims to determine toxic parenting and forms of stress coping strategies for teenagers who experience toxic parenting in Padang Tepong Village, Ulu Musi District, Empat Lawang Regency, South Sumatra.

METHOD

This research uses a qualitative approach with a case study type of research conducted on teenagers who experienced toxic parenting and implementing stress coping strategies in Padang Tepong Village, Ulu Musi District, Empat Lawang Regency, South Sumatra. Primary data sources were obtained from direct interviews. The informants in this study were 10 teenagers aged 14 - 19 years who received toxic parenting, taken using a purposive sampling technique. According to Miles and Huberman, the data analysis techniques carried out in this research include data reduction, data display, and drawing concluding (Sugiyono, 2018). The data validity technique in this research is the Data Source Triangulation technique. This technique utilizes something other than the existing data, to check compare data, as well as to enrich the data (Ruslan, 2010). Moleong (Bungin, 2012) defines triangulation with data sources as comparing, by checking the degree of trust, information obtained through time and different tools in qualitative research. In this research, triangulation was used by comparing the results of answers from the informant's perspective with other informants.

Semi-structured interviews were conducted to obtain data. Before carrying out the interview process, the researcher first explained several things related to the research question using terms that might sound unfamiliar to the informant. Some interview questions are as follows: What is your relationship and views with parents regarding how parents educate their children? How toxic was the parenting you received in your daily life? How do you feel about your parents' parenting style? What stress coping strategies do you use in these situations?. Table 1 are details of all inside informants research.

Table 1. Research Informants

No	Initials	Age	Gender	Condition
1	M.F.A	18	L	His parents are strict parents , often angry, often get cursed at by parents, and parents who often differentiate between children.
2	F	16	L	Often scolded by his parents without knowing the cause, often cursed at, and experienced physical violence as a child.
3	AAZ	17	P	Parents control their children's lives too much, do not give children freedom and trust in their lives, making children less independent and fearful
4	IB	19	P	Having a father who was temperamental, shouted and said words that hurt feelings, and was physically violent when IB was still a child
5	RKDJ	19	L	Children are often labeled as useless, stupid, and often receive painful insults and parents often bring up the costs they have incurred.
6	SAM	16	P	There are frequent arguments with both parents, the parents' words hurt feelings, the child is considered disobedient, and the parents have been physically violent.
7	IR	17	P	There is neglect from the father, such as the

No	Initials	Age	Gender	Condition
				loss of responsibility and role of a father after his parents divorced
8	US	16	L	After his father died, AS's mother became angry, always shouted, accused AS of juvenile delinquency such as drinking, and made AS feel like he was always in the wrong.
9	LL	17	P	There is a difference in the treatment of LL's mother between LL and her older sister, the informant feels that she is not considered, not wanted, is not cared for, and that her father is a strict parent.
10	ASL	17	L	Having a bad relationship with his parents, his parents implemented an authoritarian parenting style and always forced ASL to always be obedient, following his parents' wishes and expectations.

RESULTS AND DISCUSSION

Based on data from interviews conducted with 10 informants who experienced toxic parenting, the following analysis can be done.

Relationships and Adolescents' Views of Both Parents on How Parents Educate Children

Each child has his own views and assessments of his parents. The results of interviews with informants showed that they had a poor relationship with their parents and this made the bond between parents and children not close. This is caused by the parents' angry attitude, implementing parenting patterns that are too strict, and always berating them. On the one hand, there are sources who have loving parents but always want to control their children's lives.

Toxic Parenting that Teenagers Receive in Daily Life

Each parent's parenting style is different. However, there are often parents who intentionally or unintentionally carry out toxic parenting towards their children. The results of the interviews showed

that the interviewee's parents carried out toxic parenting in everyday life, such as verbal violence (scolding the child, scolding the child continuously, using animal names to call the child), bringing up the costs spent on raising the child, considering the child useless, differentiating the treatment of each child, neglecting children, and committing physical violence.

Adolescents' Feelings Related to Parenting Patterns

Parents are sometimes selfish and put aside their children's feelings and desires because they think they know what is best for their children. From the results of the interviews, it was found that all interviewees stated that they felt negative emotions

and feelings such as feeling sad, feeling unwanted as a child, feeling disappointed, annoyed, hurt, depressed, and angry about their parents' attitudes in everyday life.

Stress Coping Strategies Used by Teenagers

Toxic parenting that parents do to teenagers makes them make coping efforts, whether consciously or unconsciously. This is done to avoid or reduce emotional pain, pressure and stress that occurs as a result of the toxic parenting experienced. The results of interviews regarding stress coping strategies were carried out more towards Emotion Focused Coping Distancing. The analysis of toxic parenting and stress coping strategies is described in the following table 2.

Table 2. Analysis of Toxic Parenting and Adolescent Stress Coping Strategies(Triangulation)

No	Initials	Forms of Toxic Parenting	Stress Coping Strategy
1	M.F.A	The relationship and view of parents is not good, parents are strict , often angry, get cursed at by parents as lazy, naughty, only spend money, incompetent, and often compared to their older brothers.	Stress coping strategies include problem focused coping, such as playing and doing things that make you happy with friends (seeking social support) and emotion focused coping such as: choosing to avoid angry parents so as not to feel sad and angry when listening to hurtful remarks (self control)).
2	F	Relationships and views with parents are not good, often scolded even though they feel they have done nothing wrong, often cursed at as stupid, bigoted, naughty, disobedient and useless, experienced physical violence as a child	Carrying out emotion focused coping, such as being indifferent (distancing) and praying to Allah to give you patience (positive reappraisal)
3	AAZ	Close to their parents but parents are too controlling, do not give them the freedom and trust to determine their own lives, causing children to become unable to be independent and fearful	Doing problem focused coping, such as trying to talk to both parents about what they like and what they don't like about their parenting style which is too controlling and pampering (planful problem solving) .
4	IB	Having a temperamental father, often shouting and saying words that hurt the child's feelings, committing physical violence in childhood	coping strategy used is problem focused coping , namely looking for friends to play badminton together (seeking social support) and emotion focused coping praying to Allah (positive reappraisal).
5	RKDJ	The relationship and views of parents have both good and bad in educating children , they are often labeled as useless, stupid, they often receive painful insults, they are brought up about the costs that their parents have spent.	coping strategies used are emotion focused coping , such as being indifferent and playing games (distancing).
6	SAM	Have a good relationship but often there are arguments with both parents, the parents' words hurt feelings, they are considered a disobedient child, both parents have committed physical violence.	Doing focused coping emotions, such as reading comics or novels (distancing) or playing at a friend's house (escape avoidance).
7	IR	The relationship with the father became less close after the parents divorced, the father became a parent who did not care, there was no love and the role of the father figure was lost.	To overcome the sad feelings experienced by IR, he carries out emotion focused coping , such as calming himself down and quietly accepting the situation (self control).
8	US	Looking at her mother's figure as loving and firm, however. However, after her father died, her mother became someone who was easily angry, always shouted, accused AS of doing negative things such as drinking alcohol and	The forms of coping carried out are problem focused coping and emotion focused coping, such as telling stories with friends (seeking social support), remaining silent (distancing) and praying to complain to God (positive reappraisal).

No	Initials	Forms of Toxic Parenting	Stress Coping Strategy
		committing juvenile delinquencies, was thought to never understand her mother's feelings, was a child who was wrong and felt sad.	
9	LL	The mother differentiates too much between herself and her older sister, feels like she is not considered, the mother doesn't seem to care about her and the father is too possessive and is seen as violating the child's privacy by checking his personal cell phone and the messages on his cell phone.	The coping carried out is emotion focused coping, such as keeping everything to yourself even though you are sad because you are used to it (self control) and not caring about what happens (distancing).
10	ASL	He has a bad relationship with his parents because he always forces them to always be obedient and follow their parents' wishes and expectations, otherwise they will receive words that hurt their feelings, and the parenting style applied by their parents tends to be authoritarian.	When he receives this treatment, he responds by doing problem focused coping, such as opposing his parents' wishes if they conflict with what he wants (confrontational coping).

Based on the results of interviews using the 4 indicators above with teenagers in Padang Tepong Village who experienced toxic parenting and implemented stress coping strategies, it is known that the form of toxic parenting experienced by the interviewees took the form of verbal violence in the form of calling children rude and full of insults, labeling children as lazy and stupid, comparing children, scolding children continuously, bringing up and taking into account the costs that have been spent on children, making children feel unloved and unloved, ignoring children's feelings, and controlling children's lives too much. This parenting style causes children to feel sad, wrong, depressed, stressed, and can have an impact on the child's mental and emotional development. This can have fatal consequences and make it difficult for children to develop themselves as psychologically and mentally healthy teenagers. In fact, children also have control over their lives and have the right to make their own choices.

Toxic parenting ultimately makes teenagers make coping efforts to avoid or reduce the pressure and stress that occurs as a result of the toxic parenting they experience. The things that teenagers do are studied through a theoretical framework using forms of coping from Lazarus & Folkman, namely Problem Focused Coping (PFC), where this is done by dealing with problems that are the cause of stress directly and Emotion Focused Coping (EFC). which is more directed at individual efforts to maintain emotional balance by regulating emotional responses to stress in order to feel better. The efforts of youth speakers in Padang Tepong Village to overcome the pressure caused by toxic parenting lead to emotion focused coping distancing.

Forms of emotion focused coping, namely self control, distancing, positive reappraisal, escape avoidance, seeking social support. The things that teenagers do are as follows, (1) Avoidance behavior so as not to feel angry and sad about parents' hurtful words. (2) Acting indifferent, indifferent, harboring silence and not caring about the conditions that occur. (3) Divert feelings of anger and annoyance by reading comics, telling stories with friends, playing online games and visiting friends' houses. (4) Do a positive reappraisal by: pray and pray to Allah SWT to continue to be given patience and appear to calm yourself and surrender to the conditions.

Based on an Islamic perspective, there is a match with what the informants did when they experienced stress due to their parents' toxic behavior. The informants carried out positive reappraisal behavior by drawing closer to Allah while praying and supplicating, being sincere with the conditions and being able to be patient, according to Darwati (2022), which is a good thing to prevent the stress they are experiencing from developing into a burden on themselves. The simple concept of this behavior will create calm within the self, eliminate negative elements to instruct negative behaviors and influence the condition of the body. Instead, what we need to do is organize our hearts and minds to achieve a better life.

Coping with stress is an effort to achieve perfect psychological maturity. At the adolescent stage, a very important developmental demand is a sense of security. According to Najati (2003), the factors that support the creation of a sense of security in children are a sense of love and affection, gentleness, good interaction, attention, appreciation which can give rise to self-confidence and positive understanding. Teenagers get this in the family environment,

namely their parents. In the hadith of the Prophet SAW narrated by Usamah bin Zaid radhiyallaahu'anhu, the Prophet said: "One night I came to the Prophet SAW for something. The Prophet Sallahu'alaihi wasallam was wrapped in something that I don't know what he was carrying. When I finished stating my needs, I said, "What is covered with you, O Messenger of Allah?" So he revealed it, it turned out he was Al-Hasan and Al-Husain 'alaihmassalam who were hanging from his two groins. Then he said: "These two children are my grandson and my daughter's son. O Allah, truly I love both, so love both and love those who love both!"

The above hadith clearly shows that Rasulullah SAW really loved and cared for his grandchildren with great love and affection, taught them good manners and familiarized them with the values of worship, motivated them and managed their emotions well. This is the main capital in forming a healthy personality in children.

CONCLUSION

Based on research that has been conducted, the forms of toxic parenting experienced by teenagers are verbal violence carried out by parents, labeling children as lazy, stupid, comparing children, scolding children, continuously bringing up and taking into account the costs that have been spent on children, making children feel unloved. ignoring the child's feelings, overly controlling the child's life, neglect and loss of the role of parents in the child's life. This makes teenagers use stress coping strategies to reduce and get out of situations that make them depressed, sad or stressful. Forms of emotion focused coping, namely self control, distancing, positive reappraisal, escape avoidance, seeking social support.

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