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PARENTING PRACTICES SELF-EFFICACY AND PEER SUPPORT ON RESILIENCE IN ADOLESCENTS

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Abstract

The family is the primary environment that shapes a child's physical and psychological development. However, inappropriate family conditions or structures can be a source of stress that impacts adolescent resilience in facing life's challenges. This study aims to analyse the influence of parenting practices, self-efficacy, and peer support on the resilience of adolescents from intact and divorced families. The population in this study were high school students in Bogor City, with 240 respondents consisting of 180 adolescents from intact families and 60 from divorced families. The results showed that there were significant differences in parenting practices and self-efficacy between adolescents from intact and divorced families. Self-efficacy and peer support had a positive and significant effect on adolescent resilience. In addition, parenting practices also contributed to building resilience, although the effect was smaller. These findings emphasise the important role of parents and the social environment in supporting the psychological resilience of adolescents in both intact and divorced families. Family conditions or family structure have a significant impact on parenting practices, self-efficacy, and resilience in adolescents. Adolescents from intact families receive more positive parenting patterns, such as support, warmth, and high responsiveness from their parents. These parenting patterns impact high self-efficacy, especially in academic and emotional aspects. Conversely, adolescents from divorced families show lower self-efficacy, although self-acceptance in resilience is actually higher. Peer support was found to play a significant role in strengthening self-efficacy and resilience, without significant differences between family backgrounds. This indicates that peers are a relatively stable source of support for adolescents across various family conditions. Correlation and regression tests indicate that parenting practices, self-efficacy, and peer support have a positive and significant influence on adolescent resilience. These findings also indicate that self-efficacy is the most powerful factor in shaping resilience, especially for adolescents from divorced families. Negative parenting practices such as excessive punishment can weaken adolescent self-efficacy and resilience. Therefore, social support and adaptive parenting are crucial in building overall adolescent resilience.

Key words: peer support, self-efficacy, intact families, parenting practices, resilience

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INTRODUCTION

The existence of a family plays a crucial role in a child's life, both physically and psychologically, as it is a place for individuals to learn, grow, and develop. Therefore, it can be said that a family with good relationships will have a positive impact on the lives of children within the family (Swastika and Prastuti 2021). However, in reality, many families experience conflict and end in divorce. Divorce affects household life, including children. The impact of divorce is not only felt by the husband and wife; it also burdens adolescents, impacting their psychological well-being (Ramadhani and Krisnani 2019). Parental divorce negatively impacts children's attitudes, leading to depression, irritability, hatred of parents, and even deviant behaviour (Rahmatia 2019). Based on data from the Religious Courts Agency, divorce cases in 2024 ranged from 446,359 to 446,360 (Purwadi 2025). Although the divorce rate has decreased compared to previous years, the marriage-to-divorce ratio has reached 26.7%, meaning that one in four marriages ends in divorce. Nationally, divorce cases are distributed in the provinces of West Java, East Java, and Central Java, respectively (Central Statistics Agency 2024).

Adolescent resilience is vulnerable due to influences from the family and social environment. A Swedish national cohort study found that family loss puts adolescents at risk of low stress resilience (Kennedy et al. 2018). Low resilience can also be experienced by adolescents experiencing loneliness, which impacts long-term mental health (Nayan et al. 2025). Furthermore, adolescents experience 73% low resilience in the face of bullying (Silvia et al. 2018). Early adolescents from divorced families exhibit distinct resilience characteristics, namely emotional regulation skills and family support (Cahyani & Rahmasari 2018).

Divorced parents pose both risk and protective factors for adolescents. Divorce impacts parenting, which is certainly also felt by children. Parenting is a way for parents to educate and care for children based on experience, expertise, qualities, and responsibility, resulting in children who can grow into individuals expected by their families and society (Hastuti 2015). Parenting practices carried out by parents towards adolescents influence matters related to family obligation values, adolescent academic

grades, meaning of life, and resilience (Yan 2021). Based on survey studies, resilience and life satisfaction are closely related to parenting practices, particularly in the dimensions of responsiveness, demandingness, and autonomy granting (Liu, Wang, and Sun 2022). Positive parenting practices and the existence of quality sibling relationships impact adolescent resilience (Fathin and Riany 2024).

Self-confidence, better known as self-efficacy, plays a crucial role in developing adolescent resilience. Parental divorce can impact resilience; therefore, several factors are needed, including personality, self-efficacy and self-esteem, family support, and environmental support (Sari 2017). Oktaningrum and Santhoso (2018) found that academic efficacy contributes 48.7% to resilience. Adolescents during the COVID-19 pandemic have demonstrated that self-efficacy and emotional regulation contribute to increased resilience (Maharani and Nursalim 2022).

Peers are part of a child's micro-circle and exert a direct influence. Peer social support influences the resilience of adolescents with separated parents (Rismandanni and Sugiasih 2019). The quality of friendship (peer support) in adolescents from divorced and intact families has a positive relationship (Saraswati and Suleeman, 2018). Several previous studies related to adolescent resilience include resilience in adolescents who have parents with problems or conflicts between family and work (Aunillah and Moordiningsih 2010). The objectives of this study are 1) to analyse the relationship between parenting practices, self-efficacy, peer support and adolescent resilience; 2) to analyse differences in parenting practices, self-efficacy, peer support and resilience in adolescents; and 3) to analyse the influence of parenting practices, self-efficacy and peer support on adolescent resilience.

METHODOLOGY

In this study, the population was adolescents attending high school (SMK), consisting of Islamic Senior High School (MA), Senior High School (SMA), and Vocational High School (SMK) in three sub-districts in Bogor City: West Bogor, Tanah Sareal, and East Bogor. School selection was voluntary. School sampling was conducted purposively. The total population of 533 individuals was then stratified based on school domicile. Subsequently, samples that met

the criteria were selected and categorised based on family circumstances, with 180 intact families and 60 divorced families. This resulted in a total sample size of 240 individuals. Data collection took place from January to May 2024.

The Parenting Practices variable was measured using the Parental Practices Scale for Children questionnaire by Hernandez-Guzman (2013) with a Cronbach's Alpha value of 0.912. The self-efficacy variable was measured using the Muris (2001) Self-Efficacy Questionnaire for Children (SEQ-C) instrument with a Cronbach's Alpha value of 0.901. The Peer Support variable was measured using the Child and Adolescent Social Support Scale (CASSS) instrument by Malecki et al. (2000). The researchers selected two sources of peer support: classmates and close friends, each with a Cronbach's Alpha value of 0.964. The resilience variable was measured using the Resilience Scale by Wagnild & Young (1993), which had a Cronbach's alpha value of 0.868.

Data were obtained and processed through editing, coding, scoring, data entry, data cleaning, and analysis using Microsoft Excel and SPSS for Windows. The data were then presented in descriptive and inferential formats. This study used descriptive analysis, Pearson correlation tests, t-tests, and linear regression analysis.

RESULT AND DISCUSSION

1. The Relationship between Parenting Practices, Self-Efficacy and Peer Support on Adolescent Resilience

A Pearson product-moment correlation test was performed between variables to determine how they relate to each other. Based on the analysis, the following results were obtained:

Table 1 Relationship between parenting practice variables and resilience of intact family adolescents (n=180)

	Parenting Practices	Self Efficacy	Peer Support	Resilience
Parenting Practices	1	0.057	0.100	0.278**
Self Efficacy		1	0.317**	0.410**
Peer Support			1	0.554*
Resilience				1

Note: ** Significant at p<0.01

Table 2 Relationship between parenting practice variables and resilience of adolescents from divorced families (n=60)

	Parenting Practises	Self Efficacy	Peer Support	Resilience
Parenting Practises	1	0.132	0.238	0.427**
Self Efficacy		1	0.416**	0.580**
Peer Support			1	0.461*
Resilience				1

Note: ** Significant at p<0.01

The results of the correlation test in intact families (Table 1) indicate that peer support has a significant and positive relationship with self-efficacy ($r = 0.317**$) and resilience ($r = 0.410**$). Furthermore, parenting practices also correlated significantly with resilience ($r = 0.278**$). This finding suggests that in the context of intact families, social support from peers plays a crucial role in enhancing adolescents' self-efficacy and resilience. Furthermore, analysis of adolescents from divorced families (Table 2) shows that peer support significantly correlated with self-efficacy ($r = 0.416**$) and resilience ($r = 0.461**$), as it did for those in intact families. Furthermore, self-efficacy correlated strongly with resilience ($r = 0.580**$), indicating that self-confidence in adolescents from divorced families is an important factor in building resilience. Parenting practices also correlated positively, although not significantly, with resilience.

2. Differences in Parenting Practices, Self-Efficacy, and Peer Support on Adolescent Resilience Based on Family Conditions

An independent sample t-test was used to analyse the differences between variables based on family conditions. Overall, total parenting practices showed a significant difference ($p = 0.000$), reinforcing the finding that family structure influences the quality of parenting received by adolescents. The self-efficacy variable showed a significant difference ($p = 0.003$), indicating that intact families are more supportive in developing

academic and emotional self-confidence in adolescents. Peer support analysis showed no significant difference between adolescents from intact and divorced families. Based on the T-test analysis, the resilience variable showed a higher tendency in adolescents from divorced families. The following results were obtained (Table 3):

Table 3. Test of Differences in Parenting Practices, Self-Efficacy, Peer Support and Resilience

Variabel	Sig.
Parenting Practises	0.000
Self Efficacy	0.003
Peer Support	0.409
Resilience	0.064

3. The influence of parenting practices, self-efficacy, and peer support on adolescent resilience

A multiple linear regression analysis was conducted between variables to determine the effect of the independent variables on the dependent variable. The following results were obtained from the analysis:

Table 4: The influence of adolescent and parental characteristics, parenting practices, self-efficacy and peer support on resilience

Variable	Koefisien	
	Unstandardized Coefficient (B)	Significance
(Constant)	17.279	0.196
Teenage Age (tahun)	-0.218	0.765
Gender (1=male, 2=female)	0.525	0.689
Mother's Age (year)	-0.084	0.462
Family Conditions (1=complete, 2=divorce)	0.487	0.746
Parenting Practises (indeks)	0.192	0.000
Self Efficacy (indeks)	0.348	0.000
Peer Support (indeks)	0.346	0.000
Nilai F	24.687	
Sig	0.000	
R Square	0.410	
Adjusted R Square	0.427	

Note: ** Significant at $p < 0.01$; *Significant at $p < 0.05$

Based on the results of the multiple linear regression analysis in the table, it is known that the variables of parenting practices ($\beta = 0.241$; $p = 0.000$), self-efficacy ($\beta = 0.297$; $p = 0.000$), and peer support ($\beta = 0.390$; $p = 0.000$) have a significant influence on adolescent resilience. These three variables provide a positive contribution, meaning that the better the parenting practices, self-efficacy, and peer support, the higher the level of adolescent resilience. Control variables such as adolescent age, gender, parental age, and family conditions do not have a significant effect on resilience ($p > 0.05$). This model is significant overall ($F = 24.687$; $p = 0.000$) and is able to explain 41% of the variation in resilience ($R^2 = 0.410$). This indicates that intrapersonal and social factors play an important role in shaping adolescent resilience.

4. Discussion

Adolescence is a crucial period in human life. This period directly and long-term determines attitudes and behaviour, both physically and psychologically. Parents with positive parenting practices are correlated with resilience in 18-year-old adolescents (Kaniušonytė and Brett 2022). This aligns with research findings showing that parenting practices are significantly positively related to resilience in adolescents from intact families and those from divorced families. The better the parenting practices received by adolescents, the greater their resilience. Adolescent self-efficacy is the factor most strongly correlated with resilience (Yulianti and Fitrianur 2021). Furthermore, peer support has a significant positive relationship with resilience (Syifa et al. 2021).

A t-test of the four variables mentioned above revealed significant differences in parenting practices based on family circumstances. Adolescents from intact families receive or receive better parenting practices than adolescents from divorced families. According to research by Shek et al. (2015), adolescents from intact families have good family functioning, which influences how their parents treat their children. This is evident in their behavioural control,

psychological control, and better relationship quality compared to adolescents from broken families. However, no significant differences were found in resilience skills between adolescents from divorced and intact families. Parenting practices influence adolescents' self-efficacy. Adolescents who receive supportive and warm parenting influence positive child behaviour. Conversely, harsh parenting practices can foster negative behaviours such as aggression and even social problems (McShane and Schaefer-McDaniel 2009).

Factors influencing an individual's resilience are determined by two aspects: internal factors, namely spiritual aspects, self-efficacy, optimism, and self-esteem. External factors, such as social support, contribute to individual resilience (Missasi and Izzati 2019). Peers play a crucial role in child and adolescent development. This study found that self-efficacy influences adolescent resilience. This aligns with Morales's (Gunawan and Huwae 2022) findings, which state that academic resilience is influenced by adolescents' beliefs about themselves, others, and the world around them. Meanwhile, parenting practices negatively impact adolescents' self-efficacy. This is indicated by the higher levels of negative parenting, the lower their self-efficacy. Research conducted by Shen (2011) found that the use of punishment in parenting practices impacted children's beliefs. This research found that parenting practices positively impact adolescents' resilience. Parental treatment or parenting practices that demonstrate warmth, encouragement, equality, and acceptance contribute to high levels of adolescent resilience (Alhajri and Castor-Guyonvach 2020).

A limitation of this study is that data was collected from only one population group, adolescents, and the questionnaire was not filled out by divorced parents living with their adolescent children. Furthermore, the sampling focused on only three sub-districts in Bogor City, requiring a significant amount of time to collect data.

The research results indicate that the fathers and mothers fall into the middle adulthood category. According to Papalia, Olds, and Feldman (2015), middle adulthood occurs between the ages of 40 and 65, characterized by complex roles in both family and work. At this stage, individuals generally assume

significant responsibility for childcare and meeting the family's economic needs. This aligns with Santrock's (2015) opinion, which states that middle adulthood is a period of career stability but also a phase in which parents support their children as they transition to adulthood. The presence of parents in this category influences parenting patterns, as they tend to have more experience, sound decision-making skills, and emotional stability (Puspitawati, 2015).

The occupations of fathers and mothers with adolescent children are private sector employees and housewives. This aligns with traditional roles in Indonesian family structures, where fathers serve as the primary breadwinners, while mothers are responsible for childcare and household management (Puspitawati, 2015). According to Puspitawati (2015), this traditional division of gender roles is still common, particularly in families with cultural backgrounds that place men as heads of the family and women as domestic managers. Fathers' roles as private sector employees mean they have specific working hours that may limit interaction with their children, but they still provide financial support essential to family well-being. Conversely, mothers' roles as homemakers provide greater opportunities to accompany children in daily activities, which influences parenting patterns and emotional closeness (Santrock, 2015). This pattern can impact adolescent personality development, as maternal involvement in daily care contributes to the development of children's resilience, while fathers remain crucial in providing emotional support and role models (Papalia et al., 2015).

Gender distribution indicates that the majority of respondents were female. Previous research by García-Moya et al. (2019) found that gender can influence adolescents' social and psychological experiences, with females tending to exhibit greater emotional sensitivity and dependence on social support, while males are more independence-oriented. This may have implications for resilience patterns, with adolescent girls tending to rely on emotional support from peers. The distribution of school types shows differences between adolescents from intact and divorced families. Adolescents from divorced families are more likely to attend vocational schools (SMK), while

adolescents from intact families are more likely to attend high schools. This finding is consistent with international studies by Lamb (2010) and Cabrera et al. (2018), which suggest that family structure can influence educational path choice through aspects of economic and social support. School choice is also correlated with adolescents' future orientation, with vocational schools tending to be chosen for immediate employment, while high schools are more likely to prepare for higher education (García-Moya et al., 2019).

A differential test of the four variables above revealed significant differences in parenting practices based on family circumstances. Adolescents from intact families received or experienced better parenting practices than adolescents from divorced families. According to research by Shek et al. (2015), adolescents from intact families have good family functioning, which influences how parents treat their children. Parenting practices influence adolescents' self-efficacy. Factors influencing an individual's resilience are determined by two aspects: internal factors, namely spirituality, self-efficacy, optimism, and self-esteem. Meanwhile, external factors contributing to individual resilience include social support (Missasi and Izzati 2019). General self-efficacy is significantly higher in adolescents from intact families than in single-parent families (Malik et al. 2022). Ecological studies have found that adolescents do not experience significant differences in their sense of belonging to peers compared to adolescents from intact families (Rejaan et al. 2021). Based on gender and family background (intact, remarried, and divorced), no differences in adolescent resilience were observed (Saraswati and Suleeman 2018).

Correlation tests between variables revealed a positive correlation between parenting practices, self-efficacy, and peer support. Meanwhile, parents with positive parenting practices were correlated with resilience in 18-year-old adolescents (Kaniušonytė and Brett 2022). This aligns with research showing that parenting practices are significantly and positively related to resilience in adolescents from intact families and those from divorced families. The better the parenting practices experienced by adolescents, the greater their resilience.

Adolescent self-efficacy is the factor most strongly correlated with adolescent resilience (Yuliastutik and Fitrianur 2021). Furthermore, peer support has a significant positive relationship with adolescent resilience (Syifa et al. 2021). This aligns with research conducted on adolescents in high school.

The influence of family characteristics on parenting practices showed that the age of the father and mother did not significantly influence parenting practices, thus rejecting Hypothesis 1. This is related to research from an international study by Nomaguchi and Milkie (2020), which revealed that parental age was not a significant predictor of parenting skills. Instead, factors such as social support, education, and marital status played a greater role. Another study by Bornstein (2019) showed that although older parents tended to have financial stability, differences in parenting quality were more influenced by parenting values and active involvement in children's lives.

Adolescent characteristics, specifically age, influence peer support. The results showed that adolescent age did not significantly influence peer support, thus rejecting Hypothesis 2. A longitudinal study by Call et al. (2016) suggested that the effect of peer support on depressive symptoms was independent of age during early or middle adolescence. A 2023 longitudinal study by Letkiewicz et al. found that peer support quality significantly reduced depressive symptoms later in life, while the number of friends (social network size) was non-predictive and independent of age or gender. Parenting practices influence adolescent resilience. This indicates that parenting practices influence adolescent resilience, thus rejecting Hypothesis 3. Parenting practices experienced by adolescents impact resilience. Negative parenting, such as rejection, harsh punishment, and lack of emotional attention, can reduce resilience and increase the risk of psychological stress (Arslan, 2016). Parental warmth also serves as a protective factor, while punitive and rejection practices are risk factors for low adolescent resilience (Yildirim & Arslan, 2020). Longitudinal studies have found that harsh parenting increases the risk of internalising problems such as anxiety and depression, which impairs adolescents' ability

to recover from stress (Assari & Caldwell, 2018).

Self-efficacy influences adolescent resilience. Self-efficacy significantly impacts adolescent resilience, confirming Hypothesis 4. Self-efficacy is a psychological factor that plays a crucial role in building resilience in adolescents. Adolescents with high levels of self-efficacy tend to believe in their ability to overcome difficulties, making them more adaptive in stressful situations (Bandura, 1997). Research shows that self-efficacy is positively related to emotional regulation, problem-solving, and optimism, which are key components of resilience (Schunk & DiBenedetto, 2020). Recent studies have also confirmed that adolescents who are confident in facing school and social challenges are better able to recover from setbacks and maintain mental well-being (Li et al., 2022). Conversely, low self-efficacy is often associated with high anxiety and low self-efficacy, which weaken psychological resilience (Rahman et al., 2021).

Peer support influences adolescent resilience, meaning that peer support influences resilience, confirming Hypothesis 5. Peer support is a significant social factor in enhancing adolescent resilience. Adolescents who feel accepted and supported by their peers tend to have higher levels of resilience because friendships provide a sense of security, empathy, and emotional validation (Rueger et al., 2016). Research shows that peer support acts as a buffer against stress, helping adolescents cope with academic pressures and family challenges (Demaray & Malecki, 2017). Recent studies also confirm that positive interactions with peers increase self-esteem, optimism, and coping skills, which are core components of resilience (Arslan, 2016). Conversely, lack of social support from peers can increase vulnerability to anxiety, depression, and decreased self-efficacy (Wu et al., 2021).

Family characteristics influence resilience. The age of fathers and mothers did not influence adolescent resilience, thus rejecting Hypothesis 6. This finding is supported by research by Masten and Barnes (2018), which emphasised that resilience is ecological and contextual. Consistent family support can be a protective factor that strengthens adolescents' ability to cope with stress, regardless of parental age. A study by

Cabrera et al. (2018) also showed that active parental involvement in parenting, communication, and emotional support were more significantly related to adolescent resilience than age.

Adolescent characteristics, such as age, did not influence adolescent resilience, thus rejecting Hypothesis 7. This finding contradicts research suggesting that adolescent age influences resilience levels because more mature cognitive and emotional development at an older age allows for better stress management. Longitudinal research has found that adolescents entering late adolescence (ages 17–19) have higher adaptive coping skills than early adolescents (ages 12–14) due to improved decision-making and emotional regulation abilities (Zimmerman & Arunkumar, 2021). Furthermore, grade level also plays a role; high school students are generally accustomed to facing more complex academic demands, thus developing greater resilience in managing academic and social pressures (Gonzalez et al., 2016). A study in Indonesia (Rahman et al., 2021) found that a supportive school environment and the role of teachers in religious-based schools positively contributed to adolescent resilience.

The implications of this research for scientific development are that this research strengthens resilience theory, which emphasises that individual resilience is not solely the result of internal factors but is also influenced by interactions with the social environment, particularly family and peers (Masten & Barnes, 2018). The finding that parenting practices, self-efficacy, and peer support significantly influence resilience confirms the concept of protective factors in Bronfenbrenner's ecological model, where the microsystem (family, peers) is a primary protective factor for adolescent psychosocial development. Self-efficacy proved to be the variable most strongly correlated with resilience. This supports Bandura's (1997) social-cognitive theory, which positions self-efficacy as a primary predictor of adaptive behaviour.

The policy implications of this research are that the government needs to develop policies that support positive parenting education programmes for both intact and divorced families. Family counselling services should be provided at the school and

community health centre levels for children from divorced families. The Ministry of Education, Culture, Research, and Technology (Kemendikbudristek) can integrate life skills and character development programmes that focus on improving self-efficacy, such as decision-making, stress management, and problem-solving skills. Peer counselling and peer support groups should be strengthened in secondary schools, facilitated by guidance counsellors and counsellors.

A limitation of this study is that data was collected from only one population group, adolescents, and it did not examine parenting practices from either fathers or mothers. Furthermore, the researchers did not examine the relationship between the length of divorce and the four research variables. Furthermore, the sampling focused on only three sub-districts in Bogor City, requiring a lengthy data collection period.

CONCLUSION

Family conditions or family structure have a significant impact on parenting practices, self-efficacy, and resilience in adolescents. Adolescents from intact families receive more positive parenting styles, such as support, warmth, and high responsiveness from their parents. These parenting styles result in higher self-efficacy, particularly in academic and emotional aspects. Conversely, adolescents from divorced families exhibit lower self-efficacy, although they are higher in the self-acceptance aspect of resilience. Peer support was found to play a significant role in strengthening self-efficacy and resilience, with no significant differences between family backgrounds. This suggests that peers are a relatively stable source of support for adolescents across various family settings. Correlation and regression tests indicate that parenting practices, self-efficacy, and peer support have a positive and significant influence on adolescent resilience. These findings also indicate that self-efficacy is the most powerful factor in shaping resilience, especially for adolescents from divorced families. Negative parenting practices such as excessive punishment can weaken adolescents' self-efficacy and resilience. Therefore, social support and adaptive parenting are crucial in building overall adolescent resilience. This research could be further developed by

including parental perspectives to obtain a more comprehensive picture of post-divorce parenting practices. Qualitative research could also be conducted to delve deeper into the emotional experiences of adolescents from divorced families in building resilience. For parents, maintaining positive parenting practices for their adolescents, such as providing emotional support, open communication, and warmth in interactions, is crucial. Responsive parenting practices can help strengthen adolescents' self-efficacy and resilience in facing post-divorce challenges.

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