

THE ROLE OF PARENTING STYLES IN REDUCING THE HEDONISTIC LIFESTYLE AMONG ADOLESCENTS IN GANDASULI VILLAGE, BREBES REGENCY

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Abstract

In the modern era, economic advancements lead to significant changes in societal lifestyles, particularly among adolescents, who increasingly adopt hedonistic behaviors. This phenomenon can be influenced by parenting styles. In Gandasuli Village, Brebes, a group of adolescents exhibiting hedonistic lifestyles has been identified. This study aims to understand the forms of hedonistic lifestyles, identify the factors shaping these lifestyles, and examine parenting styles among hedonistic adolescents. This qualitative research utilizes observation, interviews, and documentation for data collection, focusing on three adolescent samples and three parents as supplementary data sources. Data analysis is conducted using QSR Nvivo 12 software. The findings reveal that adolescents with hedonistic lifestyles often spend their leisure time at their basecamp with friends, indulge in shopping for luxury items like expensive shoes and watches, and frequently visit upscale venues such as cafes and malls. Peer influence, particularly from their circle of friends, is a major factor contributing to this lifestyle. Parental upbringing plays a crucial role in mitigating hedonistic behaviors by providing closer supervision and attention, thereby effectively monitoring and guiding their children's behavior to prevent excessive indulgence. This study highlights the importance of parenting in shaping adolescents' lifestyles amidst economic changes, emphasizing the need for parents to be more involved and attentive to counteract the allure of hedonism.

Keywords: Adolescents, Hedonism, Parenting Style

1 INTRODUCTION

In the modern era, the rapid advancement of technology has profoundly impacted various aspects of life, including parenting. The ease of access to technology for all age groups, including children, adolescents, and adults, underscores the critical role of parents in shaping their children's behavior and character from childhood through adolescence. Adolescence, a crucial developmental phase spanning ages 12 to 21, involves significant identity exploration and behavioral changes. According to Santrock (2021), this phase is divided into early (12-15 years), middle (15-18 years), and late adolescence (18-21 years), each marked by distinct developmental milestones. The influence of technology and social environments during adolescence can lead to stark behavioral shifts, often pushing adolescents towards a hedonistic lifestyle focused on material pleasures and social status. This phenomenon is particularly evident in Brebes, where adolescents are frequently seen indulging in luxury shopping and frequenting upscale venues like cafes and malls. Such behaviors highlight the impact of peer influence and insufficient parental supervision, emphasizing the necessity for effective parental guidance to mitigate these tendencies.

The disparity between adolescents' extravagant lifestyles and their parents' modest living conditions underscores the critical need for effective parenting. Influential theories by Baumrind and Yusuf suggest that parenting styles significantly shape children's emotional, social, and intellectual development. Effective parenting can instill positive values in adolescents, guiding them away from detrimental lifestyle choices exacerbated by the allure of modern technology and societal trends. This study aims to explore the manifestations of hedonistic lifestyles among adolescents in Gandasuli Village, Brebes, identify the underlying factors contributing to such behaviors, and examine the influence of parenting styles in mitigating these tendencies. To ensure a focused investigation, the research concentrates on adolescents aged 18-21 in Gandasuli Village who exhibit hedonistic behaviors, utilizing qualitative methods including observation, interviews, and documentation.

The research seeks to address the manifestations of hedonistic lifestyles among adolescents in Gandasuli Village, the factors contributing to their adoption of such behaviors, and the role of parenting in reducing these tendencies. The objectives are to understand the forms of hedonistic lifestyles, identify

the contributing factors, and examine how parenting styles influence the reduction of these behaviors. The study's theoretical significance lies in contributing to the body of knowledge on adolescent development and parenting styles, providing a basis for future research. Practically, it offers valuable insights for parents, educators, and policymakers on fostering positive adolescent development and countering hedonistic behaviors. For adolescents, the research underscores the importance of prudent financial management and the potential consequences of indulgent lifestyles. For parents, it highlights the necessity of proactive and informed parenting to guide adolescents effectively. For the broader community, the study advocates for collective efforts to support positive adolescent development and curb the influence of detrimental social trends.

In summary, the increasing economic development and technological advancements in the modern era have significantly influenced societal lifestyles, particularly among adolescents. This study focuses on understanding and addressing the hedonistic lifestyles observed among adolescents in Gandasuli Village, Brebes, by examining the role of parenting styles in mitigating these behaviors. Through a qualitative approach, the research aims to provide comprehensive insights into the factors shaping hedonistic behaviors and the crucial influence of effective parental guidance.

2 METHODOLOGY

The research approach is a method or guideline used by researchers to search for, process, analyze, and draw conclusions from the data obtained. It must align with the research title and variables to ensure maximum results. In this study, a qualitative approach is employed, adopting a deductive-inductive method that begins with a theoretical framework or the researcher's understanding, which is then elaborated into problems and solutions. This approach emphasizes processes and meanings that are not strictly evaluated or statistically measured, as well as the close relationship between the researcher and the respondents, enabling a deeper understanding of complex social realities (Mulyana, 2022).

The research design is a method within the qualitative approach that encompasses the entire research process, from problem identification to conclusions. In this study, a case study research design is used, describing a phenomenon that has occurred to be investigated further, including its causes and solutions (Maharani, 2022). This design assists the researcher from data collection to conclusion, ensuring the accuracy and relevance of the data obtained.

Qualitative research requires a structured procedure so that the collected data can be well-analyzed. According to Jumiyati (2022), there are three steps in the qualitative research procedure: the pre-field stage, the fieldwork stage, and the data analysis stage. The pre-field stage involves initial preparations such as designing problem identification, selecting a relevant research location, obtaining research permits, conducting initial observations, selecting suitable respondents, and preparing research instruments. The research location in Gandasuli Village, Brebes, was chosen because it is where a group of adolescents with a hedonistic lifestyle congregates.

The fieldwork stage involves the researcher directly interacting with the research environment to conduct observations, interviews, and documentation. This step ensures that the collected data accurately reflects the actual conditions in the field. The data analysis stage, as the final stage, includes data collection, reduction, presentation, and analysis, culminating in drawing conclusions and verifying the data. These steps ensure that the data produced is of high quality and the conclusions drawn are accurate and reliable.

Overall, this research methodology is designed to provide an in-depth understanding of the hedonistic lifestyle among adolescents in Gandasuli Village and the role of parenting in addressing it. The qualitative approach and case study design used allow the researcher to delve into this phenomenon in detail, ensuring accurate data and thorough analysis, thus producing research that is beneficial to both the community and academia.

3 RESULTS

3.1 Perceptions of Hedonistic Lifestyle

From the interviews with the three respondents, the researcher gathered views on a hedonistic lifestyle, which is understood as seeking pleasure and happiness alone. Respondents revealed that their daily activities are often directed toward fulfilling personal desires such as shopping at malls and dining at expensive places. According to Khairinnisa (2023:32), individuals with a hedonistic lifestyle tend to appear luxurious to attract the attention of others, hoping to be admired and viewed as impressive.

3.1.1 Hedonistic Lifestyle among Teenagers in Gandasuli Village, Brebes

Research results show that teenagers in Gandasuli Village, Brebes, often spend time outside the home shopping for branded goods, dining at luxurious places, and engaging in activities in elite places such as malls and cafes. Indrawati in Islam (2021:6) explains that a hedonistic lifestyle directs individuals' activities to seek life's pleasures. Zadri (2020:231) adds that a hedonistic lifestyle includes activities seeking worldly pleasures, such as going to luxurious places and buying expensive goods to be seen as luxurious by others.

3.2 Factors Causing Hedonism

Based on the interviews, there are two main factors that drive a hedonistic lifestyle among teenagers, namely internal and external factors. Internal factors include the individual's need for pleasure and satisfaction and the desire to show social status. External factors include pressure from the surrounding environment, peers, the development of the times, and social media. Peers and social media play a significant role in encouraging individuals to adopt a luxurious lifestyle to be accepted in their social circles. Khairinnisa (2023:34) states that peer pressure and the desire to be accepted in a friendship group often drive teenagers to adopt a hedonistic lifestyle. Yau and Reich in Putri et al. (2023:1034) add that pressure from the group can make teenagers feel trapped in unhealthy situations. Additionally, Fahmiandayani (2022:46) explains that social media influences teenagers' hedonistic attitudes through posts on platforms like Instagram.

3.2.1 Factors Causing Teenagers to Fall into a Hedonistic Lifestyle in Gandasuli Village, Brebes

The main factors causing teenagers to fall into a hedonistic lifestyle are peer influence and social media. Peers encourage individuals to follow group norms, while social media influences individuals to follow luxurious lifestyle trends. Khairinnisa (2023:34) states that peers play a significant role in a hedonistic lifestyle, and Yau and Reich in Putri et al. (2023:1034) add that group pressure can make teenagers feel trapped in unhealthy situations. Antara et al. (2021) also mention that individuals want to gain recognition from their social environment. Additionally, parental factors also play a role in a parenting style that lacks attention and supervision, leading children to fall into a hedonistic lifestyle.

3.3 Impact of Hedonism

Hedonism has a detrimental impact, particularly on finances. Individuals who prioritize luxury and pleasure are often wasteful and unable to manage their personal finances well. Safitri (2018:21) mentions that one of the impacts of hedonistic behavior is wastefulness in managing finances. Vira Eka Reynata et al. (2022:33) also state that hedonistic behavior is always related to materialism to seek pleasure and attention, even if individuals have to go into debt.

3.4 Parenting Styles

The researcher conducted interviews with the respondents' parents to understand their role in shaping parenting styles. Parents view children as gifts and trusts from Allah SWT that must be cared for and nurtured well. According to Hasan (2009) in Handayani et al. (2021:22), parenting is the responsibility to educate and guide children to become good individuals. Latifah (2011) in Hidayatulloh (n.d.) adds that parenting describes the relationships and education provided by parents in daily life.

3.5 Role of Parents

Parents play a crucial role in reducing a hedonistic lifestyle in children. Trimartati (2014) and Khairinnisa (2023:39) explain that hedonistic lifestyle can be addressed with a foundation of religion, non-excessive supervision, and forming good friendships. Parents need to educate children about the long-term impacts of a hedonistic lifestyle and the consequences they will face if they do not change their behavior. Buana and Tobing (2019) in Khairinnisa (2023:40) state that family is an important factor in lifestyle choices, as family is the first environment known to individuals and shapes children's habits.

3.5.1 Role of Parenting in Reducing Hedonistic Lifestyle in Children

Parents of the three respondents use a permissive and laissez-faire parenting style, which has a negative impact on children's development. Permissive parenting, according to Santrock (2011) in Soaputty et al. (2021:5), is a parenting style that does not have a strong relational connection between

parents and children. Children raised with this parenting style often lack self-control and tend to follow a hedonistic lifestyle. Parents need to educate and supervise their children by providing clear boundaries and directing them toward wise use of money and the importance of saving and being frugal. Khairinnisa (2023:37) explains that the role of parents is very important in controlling children's behavioral patterns. Trimartati (2014) and Khairinnisa (2023:39) also state that a foundation of religion and good supervision can help address a hedonistic lifestyle.

This research reveals that the hedonistic lifestyle among teenagers in Gandasuli Village, Brebes, is influenced by internal and external factors, including peer pressure, social media, and parenting style. This lifestyle has negative impacts, especially on finances. Parents play a crucial role in reducing the hedonistic lifestyle by providing education, supervision, and good direction to their children. Permissive and laissez-faire parenting styles need to be changed to more attentive and involved parenting to prevent children from falling into a hedonistic lifestyle.

4 CONCLUSIONS

Based on the research findings and discussions, several conclusions can be drawn regarding the hedonistic lifestyle among the adolescent circles in Gandasuli Village, Brebes. Adolescents in this village who exhibit a hedonistic lifestyle frequently engage in activities outside their homes, often gathering with their peers in specific social groups known as "circles." These groups commonly meet at a designated gathering spot referred to as their "basecamp." When bored with their basecamp, they frequently visit cafes to socialize. On holidays, these groups typically go to malls for shopping and leisure activities. During weekends, they may opt for other activities, such as playing billiards or traveling out of town. These adolescents often purchase expensive branded items, both online and offline, reflecting their pursuit of luxury and status.

The primary factor driving this hedonistic lifestyle is peer influence. Adolescents adopt this lifestyle by emulating their friends or circle members who already exhibit hedonistic behaviors. This imitation stems from a desire to fit into an environment where such behaviors are normalized. Additionally, social media, particularly Instagram, plays a significant role in perpetuating this lifestyle. Adolescents are influenced by posts showcasing expensive outfits and luxury hangout spots, which they aspire to mimic to appear fashionable and gain attention. Parental factors also contribute to this phenomenon. The research indicates that the parents of the adolescents in the study, especially the three respondents, generally have poor communication with their children and provide insufficient supervision and attention due to work commitments. This lack of parental oversight allows adolescents to engage in hedonistic activities unnoticed.

To curb their children's hedonistic tendencies, parents must allocate time to communicate effectively with their children and provide adequate attention and supervision. By understanding their children's activities, parents can guide them towards more constructive behaviors. Educating children about the importance of financial prudence and the long-term consequences of a hedonistic lifestyle is crucial. Parents should instill values of saving and responsible spending, highlighting the future impacts of continued hedonistic behavior.

In conclusion, the hedonistic lifestyle among adolescents in Gandasuli Village is heavily influenced by peer dynamics, social media exposure, and inadequate parental involvement. Addressing this issue requires a multifaceted approach, where parents play a critical role in guiding their children towards more sustainable and responsible lifestyles. By fostering open communication, providing appropriate supervision, and educating about financial responsibility, parents can help mitigate the adverse effects of hedonism and promote healthier, more balanced lifestyles for their children.

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