



PARENTING PRACTICES OSING PARENTS AND THEIR CONTRIBUTION TO ADOLESCENT MENTAL HEALTH PROMOTION

Ricka Ayu Yuliyasari^{1*}, Novita Surya Putri², Leni Anggraini¹, Ani Firda¹, Sholihin¹

¹Bachelor of Nursing, Universitas Dr. Soekardjo, Jl. Letkol Istiqlah No.109, Lingkungan Mojoroto R, Mojopanggung, Giri, Banyuwangi, Jawa Timur 68422 Indonesia

²Diploma of Nursing, Universitas Dr. Soekardjo, Jl. Letkol Istiqlah No.109, Lingkungan Mojoroto R, Mojopanggung, Giri, Banyuwangi, Jawa Timur 68422 Indonesia

*rikaayuyulisari@gamil.com

ABSTRACT

Adolescents are vulnerable to mental disorders because adolescent phase is a turbulent period of adjustment to adulthood. The choice of parenting patterns adopted by parents is important for teenagers in maintaining their mental health, to survive the social problems and psychological stress experienced. In the Osing tribe's parenting pattern by obeying the rules and supervision of parents and balanced with the freedom given to children by applying disciplinary and cultural values. Osing adolescents have higher assertive abilities compared to other ethnic groups, they can manage anticipatory problems without emotions. This study aims to explore the parenting patterns of Osing parents in building adolescent mental health. The design used in this study was qualitative with a phenomenological approach. By involving 6 participants, namely parents of teenagers from the osing tribe and native residents of Kemiren Village. Participants were selected using purposive sampling, which involves determining the sample based on relevant criteria. The research was conducted with formal semi-structured interviews. using data analysis techniques with the Colaizzi method, through the process of collecting, transcribing and analyzing data. In the data analysis stage, using NVIVO 12 software programming. In the research that has been conducted, 2 themes and 4 sub-themes were identified, the themes identified were nurturing culture and trust. Osing parents build character in adolescents by introducing the culture and arts of the Osing tribe. There is no coercion from parents in participating in art activities and in decision making, adolescents are always given support and motivation with two-way communication. Teenagers are accompanied in training activities and facilitated in art activities. Osing parents believe that by having one child they can focus on caring for children, especially in the adolescent phase which requires extra attention.

Keywords: adolescents; mental health; osing tribe; parents; qualitative

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INTRODUCTION

Mental health disorders are a real and increasingly alarming global health issue, with a significant increase each year. The group most vulnerable to mental disorders is adolescents, because during this phase they undergo many adjustments in order to become adults (Indari et al., 2023). WHO explains that half of adolescents who experience mental health disorders begin when an adolescent is 14 years old, but cannot be identified and resolved properly (Hidayah et al., 2023). Some aspects that can affect the mental health condition of adolescents are: adolescents' emotional state, life experiences, academic pressures, friendship circles and parenting. The choice of parenting patterns adopted by parents has an impact on adolescents in maintaining their mental health to survive the social problems and psychological pressures experienced (Elly, 2022).

Mental health issues occur in adolescents aged 10 to 19 years, according to data showing that one in seven (14%) children experience mental health problems. Anxiety disorders affect adolescents aged 10 to 14 years at a rate of approximately 4.4%, while adolescents aged 15 to 19 years suffer from anxiety disorders at a rate of approximately 5.5%. Research findings indicate that depression affects

adolescents aged 10 to 14 years at a rate of approximately 1.4% and adolescents aged 15 to 19 years at a rate of 3.5% (World Health Organization, 2024). Approximately 34,9% of Indonesian adolescents, or 15,5 million people aged 10 to 17 experience mental health disorders (Indonesia National Adolescent Mental Health Survey, 2022). According to the results of the East Java Basic Health Research, the percentage of mental emotional disorders was 6.5% in 2013 and increased in 2018 to 9.8% (Efendi et al., 2025). Throughout 2020 in Banyuwangi Regency, 60.4% of ODGJ with a total of 3,067 people were targeted for severe ODGJ (Salistia Budi et al., 2024). From the data that shows total number of mental health cases among adolescents, special attention must be paid.

The age range of 14-24 years is called adolescence, at this age experiencing biological, cognitive, and social emotional changes. The adolescent phase is also called puberty which experiences the development of sexual hormones, namely the hormones estrogen and progesterone, which triggers maturation of the reproductive organs (D. M. Gultom & Sari, 2022). Adolescents are always considered better and more understanding than childhood, but are not given full responsibility like adults (Dewi & Yusri, 2023). In this adolescence will experience some turmoil of problems with himself and the people around him. The emergence of unsure thoughts, dissatisfaction, feelings of disappointment, and feeling inadequate will often be experienced in the adolescent phase. The inability of adolescents to adjust in dealing with the conflicts faced, will affect their mental health (Florensa et al., 2023). Some factors that can affect the mental health conditions of adolescents such as: academic environment, peers and communication with parents (Purba, 2024). Parents are the main driving factor in maintaining the condition of adolescent mental health by supporting their emotional instability. Lack of support provided by parents makes adolescents feel ignored and not considered. Poor communication makes it difficult for adolescents to express the challenges they are facing, which can increase their anxiety. Not a few parents also compare them with the achievements of others which can increase mental stress in adolescents (Supini et al., 2024).

One of the efforts in maintaining adolescent mental health by building harmonious relationships with parents, giving each other love and affection, and respecting each other can create a sense of calm, security and peace. Emotional and social closeness makes explanations and directions given by parents tend to be easily accepted by adolescents. The need for open communication and a listening figure that makes adolescents feel valued and understood. Giving freedom in choosing what interests and adjusting to the abilities possessed, will affect the achievement and psychological condition of adolescents (Mawaddah & Prastya, 2023). In parenting there are three important concepts. Asah, asih, and asuh become the pillars of parents in the process of educating their children. Asah is defined as honing the potential possessed by providing stimulus by increasing the child's ability. Giving affection by providing a sense of security, attention, and care is the definition of asih. Fostering is defined as guiding the child as a whole by supervising, guiding and meeting the needs of the child (Aliyanti & Sumanto, 2023). Every region with ethnic diversity has different parenting patterns in raising their children. Parenting in the Minangkabau and Batak tribes by harmonizing customs and religion, but in the Minangkabau tribe a child is not only cared for by the nuclear family but also by the extended family. Meanwhile, Javanese parents apply unemotional parenting, do not punish mistakes but only scare children (Pasiningsih, 2021). In the Osing tribe's parenting style, there are rules that must be obeyed and supervision from parents is established, but this is balanced with the freedom given to children through the application of values of discipline and culture (Nisak et al., 2023).

Osing tribe adolescents have higher assertive abilities compared to other ethnic groups. Anticipatory problem management without excessive emotion and has a straightforward and assertive personality (Fitria et al., 2023). This can be influenced by the parenting given by parents and the culture in the neighborhood. Several studies have explored the diversity of local cultural wisdom owned by the Osing tribe, such as: ways of behavior, traditional houses, arts and traditions

(Barong Ider Bumi, Moco Lontar, Gandrung Dance, etc.), elderly longevity in the Osing tribe and so on (Nisak et al., 2023). There has been no research examining the parenting patterns of the Osing tribe in building adolescent mentality, therefore it is necessary to explore the parenting patterns in building adolescent mentality of the Osing tribe. This study aims to explore the parenting patterns of Osing parents in building adolescent mental health.

METHOD

This research uses a qualitative approach and uses phenomenological methods. This research took place in Kemiren Village, Glagah District, Banyuwangi Regency, East Java. The process of taking this article uses purposive sampling, which is a technique of determining the sample by the researcher with relevant criteria and with certain considerations (Erawati, 2021). The informants in this study were 6 parents of teenagers from the Osing tribe. Characteristics of informants selected in this study 1) Original residents of the Osing tribe 2) Original residents of Kemiren Village 3) Having teenage children.

Data collection techniques have been applied starting from May 11 to June 17, 2024 with formal semi-structured interviews. The data analysis technique used in this research is the Colaizzi method, where data tabulation of the results of interviews that have been conducted is accompanied by an analysis process. The steps in analyzing data using the Colaizzi technique are as follows: 1) Reading the interview transcript as a whole and repeatedly; 2) Establishing meaningful questions; 3) Deciphering the meaning of questions in finding keywords; 4) Grouping keywords into several groups of themes; 5) Developing several themes into complete descriptions and checking transcripts, categorizing and themes; 6) Validating the results of interviews with participants (B. E. Gultom & Suryani, 2022). The next stage analyzed the data using NVIVO 12 software. This study has received ethical approval from the Health Research Ethics Commission (KEPK) of the Banyuwangi College of Health Sciences (STIKES) based on the Ethics Review Pass Certificate No.313/02/KEPK-STIKESBWI/V/2024. Participants were informed prior to the study and agreed that participation was voluntary. Researchers ensured the confidentiality and anonymity of the participants' data.

RESULT

The characteristics of the participants in this study were on of the parent representatives of the parents of Osing teenagers, either the father or mother, with a total of six people. The age range is between 34-59 years old with more female parents than male parents. Family income per month ranged from approximately 1.500.000-2.500.000.

Table 1.
The Characteristics Participants

No	Participant	Age (years)	Gender (male/female)	Profession	In- come
1.	P1	42 nd	Female	Teacher	1.500.000-2.500.000
2.	P2	34 th	Female	Work. Private	1.500.000-2.500.000
3.	P3	59 th	Male	Farmer	1.500.000-2.500.000
4.	P4	50 th	Female	Masseur	<1.500.000
5.	P5	34 th	Female	Laundry Business	<1.500.000
6.	P6	45 th	Female	Batik craftsman	<1.500.000

After being identified, there are 2 themes and 4 subthemes in this study, the identified themes are nurturing culture and trust. The overall themes and subthemes are presented below:

Theme 1 Nurturing Culture

This theme of parenting culture is about how parents of teenagers from the Osing tribe raise their children. Two subthemes were identified in this theme. 1) building and instilling children's character by introducing Osing tribal culture in the form of dance and barong. Osing teenagers have participated in art activities since kindergarten. The environment is rich in tradition and thick with

culture that have been passed down from their ancestors, making it attractive for Osing youth. 2) Emotional support provided by parents by providing encouragement, supervision and assistance in training activities, competitions and art events which are usually held at sacred times. Establishing effective two-way communication regarding the activities being participated in and the problems being faced by indigenous youth of the Osing tribe. Providing feedback by being a good listener, and providing spiritual motivation related to their beliefs to strengthen their faith.

Theme 2 Beliefs

The theme of belief explains the beliefs held by the Osing tribe. Two subthemes were identified in this theme. 1) Information support, the Osing people believe that having one child is enough because they are afraid of being unfair in providing love. 2) Instrumental support, which is the creation of an art studio for teenagers to practice Osing tribal arts such as dance and barong.

Table 2.

The Distribution of parenting culture themes and beliefs

No	Theme	Sub-themes	Excerpt
1.	Nurturing Culture	Building children's character	<p><i>"Never, so in this activity from childhood it is dance so it is his favorite from childhood to dance. So starting from kindergarten crying to join the dance, Kemiren has a lot of arts, so I finally left the studio to learn dance there, starting from kindergarten to high school, he was active in dance." (P4)</i></p> <p><i>"Starting when I was a child, I also participated in dance, when I was in kindergarten I participated but only at school, if here I really participated because the Kemiren culture has a Kemiren barong dance until now I actively participate in the Kemiren barong dance until I also have a job." (P5).</i></p> <p><i>"It is not really directed, maybe from the environment as well as from heredity. In the neighborhood there are always traditions and arts, maybe they see and are interested" (P1).</i></p>
		Emotional support	<p><i>"Very enthusiastic, if there is an art event, they are very happy and very fond of it, as a parent if the child likes it, just follow it, the most important thing is to be supervised and directed" (P1)</i></p> <p><i>"I always accompany him when he is practicing and dancing competitions here and there. The main thing is that he is happy, I support him as long as the activity is good" (P4).</i></p> <p><i>"His son is quiet, but yes, thank God for the sustenance of having a pious child, if there is anything, he always tells me. If to his father, he is less close because his father is hard" (P6).</i></p> <p><i>"Actually for families like this, starting early, he must be included. The strength of faith So often often equipped with religious knowledge so that if you do the wrong thing you go to hell. Well, starting early like that maybe there's a fear of faith. Strength so that God exists, it turns out that God is with us where we have to go, said the ustad, so we are strong like this. reminded not to be angry, but reminded" (P3).</i></p>
2.	Trust	Information support	<p><i>"Indeed, my mother used to say that you can't have many children, so this is just one child. So that he can get full attention from me and his father. Afraid of not being able to be fair later" (P2)</i></p>
		Instrumental support	<p><i>"Yes, the children, the youth here all learn traditional music, so there are many who participate in the studio" (P6).</i></p>

DISCUSSION

From the results of this study, two themes were identified that describe the parenting patterns of the Osing tribe in building adolescent mental health. The first theme is the parenting culture of Osing parents with the subthemes of building children's character and emotional support. Osing parents educate by building and instilling character in children by introducing the diversity of cultures in the Osing tribe such as Osing tribal dances and barongs. Kemiren Village is an environment full of artistic activities, thick with culture and rich in traditions passed down from ancestors for generations to the next generation. This is a special attraction for Osing youth, in participating in art activities starting from kindergarten to high school. Parents are the main component of the family, the parenting pattern applied has a significant influence on the

formation of the personality and mental state of adolescents based on moral values and adjusts to the cultural context and environment in which they live (Febrieanitha, 2022). An environment rich in culture and arts can influence the parenting style applied by parents. It has a role in building adolescent character and maintaining mental health with arts activities to preserve culture.

The parents of the Osing tribe always give full support to adolescents in the artistic activities they participate in. They consider art activities to be a positive activity, because in addition to preserving existing culture, adolescents can also avoid activities that are less useful and negative things such as fighting and so on. Parents always participate in supervising dance and barong training that is followed by teenagers which is held at a dance and barong training center or usually called a studio. Providing assistance in competition activities and religious activities carried out at sacred times, such as *ider bumi* and *mepe kasur* activities. Establishing effective two-way open communication between Osing parents and adolescents, by including parents in all activities they participate in and telling them about difficulties and problems they are facing. Vice versa, parents respond by being a good listener without cornering. In all conditions, Osing parents always provide spiritual motivation related to their beliefs, because by believing in God, there must be a way out and wisdom. Involving adolescents in arts activities and community projects to open doors and provide a path for a more correct route to face life's challenges can be key in overcoming juvenile delinquency for example drug use, criminal acts, and risky sexual (Bobyanti, 2023). According to Gross' Emotion Regulation Theory (2013), Gross emphasizes that a child's emotion regulation is formed based on the reciprocal relationship that occurs between the child and the family. The application of responsive and supportive parenting can open up opportunities for children to learn to analyze, understand and stabilize emotions using good and correct ways. But on the contrary, if the family environment is full of problems and emphasis, it can worsen the child's ability to regulate his emotions (Minarni, 2021). The importance of support and motivation provided by parents in the artistic activities that adolescents participate in, can affect the development of abilities and make adolescents' emotional conditions stable. Parents who prioritize effective two-way communication and involve God in the application of their parenting can reduce pressure and maintain adolescents' mental health.

The second theme is the beliefs of Osing parents with the subthemes of information support and instrumental support. Most Osing couples only have one child. The Osing tribe has the belief and assumes that by having one child, they can take maximum care of him. They do not divide their attention and give full affection to one child. Osing parents have their own fears, namely fear of being unfair in sharing affection if they have more than one child. Especially in adolescence which is full of adjustments, making parents have to be extra in giving attention and affection. Parental affection given to adolescent children can affect the formation of their personality in behavior (Anas & Wardan, 2024). Parents who focus on caring for children with affection, can affect the personality of a child. The personality formed from a good family can maintain the mental health condition of a child. Especially in children who have entered the adolescent phase, because in that phase children have begun to recognize problems and are making adjustments.

Not only do they provide love, but Osing parents also provide support in the form of facilities in the activities that teenagers participate in. There are studios established by the community for public use, but there are also some who have private studios, either used together or used for their own families. Some Osing parents' houses have studios in front of their houses prepared for dance and barong practice. There are several musical instruments such as gamelan as well as barong kemiren which are placed in private studios. The studio used in general was established by the local community association and there is a facilitator to train art activities. This can support children to be more active in practicing dance and barong. Dance and barong training is held several times a week where the day will be agreed upon. The establishment of *sanggar*

provides space and opportunities for cultural heirs to learn cultural diversity, including traditional dance, traditional music, and martial arts (Pebrianto, 2024). Adequate facilities such as venues, musical instruments and facilitators provided in art activities are a driver of increased ability in cultural preservation. Supportive facilities make training activities comfortable and more enthusiastic. The more active art training activities can focus and stabilize mental health conditions in adolescents.

CONCLUSION

Parenting applied by parents plays an important role in maintaining adolescents' mental health, by supporting their emotional instability. Osing parents build character in adolescents by introducing Osing culture and arts in the Kemiren Village environment, such as dance and barong starting from kindergarten. There is no coercion from parents in participating in art activities, Osing tribe adolescents are given the right to choose. In decision-making, adolescents are always given support and motivation with effective two-way communication. Adolescents are assisted in training activities and facilitated in art activities. Osing parents believe that by having one child, they can focus on caring for their children, especially in the adolescent phase. They need extra love and attention. The parenting pattern of Osing parents that is applied can affect the emotional condition in dealing with a pressure so that it can maintain adolescent mental health.

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