

## IMPLEMENTATION OF MINDFUL PARENTING IN TEENAGERS

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### Abstrak

**Keywords:**  
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*Parents have a very important role in their children's both of biological, psychological, and physical growth. Friendly parent can make the children be beloved, accepted, trusted, and positive self-representation. However, in reality, many parents often impose their goals so that their children have to follow their expectations, which has an impact on the relationship between parents and children.*

*Effective communication between parents and children is difficult to establish, one of the factor that can be attributed to generational differences. Although strict parenting styles are often received criticism , in practice that the parenting style still used throughout the world. To overcome the negative impacts on children due to strict and negative parenting, so the parenting styles need to be modified, one approach being mindful parenting, also known as awareness-based parenting. This study aimed to understand how mindful parenting can be implemented so that the children can grow up healthy and prosperous emotionally, mentally, and phisically. The method used in this study was descriptive qualitative research with a literature review approach. The results of this study include the dimensions of attentive listening, non-judgmental acceptance, emotional awareness, self-control, and compassion. Supportive techniques such as meditation, breathing exercises, and self-reflection can be implemented to ensure effective parenting, and teenagers can have open communication, feel appreciated and accepted by their parents.*

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## INTRODUCTION

Parents have an important role in the biological, psychological, and physical development of their children. Mother and father are the first couple who shape a child's character. Parents should educate their children based on knowledge about well and not well behavior so that they can grow up with good character. This role requires parents to be able to choose the right parenting pattern so that the children can grow up without wounds or trauma of their lives. (Andy and Nofianti, 2024).

According to attachment theory (Bowlby, 1988; Snyder et al., 2012; Tian, Ai, and Chen, 2024). Humans are born with the need to bond with their caregivers, and these bonds have long term impacts. Therefore, parents, as a caregivers, are the primary social system that can shape the teenager personality, including self-esteem. Parental warmth can make adolescents feel loved, accepted, and trusted, and can foster a positive self-image.

humans are born with the need to create bonds with their caregivers, and these bonds will have a long-term impact on attachment throughout life. Therefore, parents, as caregivers, are the first social system that can shape an adolescent's personality, including self-esteem. Friendly parent can make children feel loved, accepted, and trusted, and a positive self-representation.(Mattanah et al., 2011; Tian, Ai, and Chen, 2024).

However, in reality, many parents often impose their goals so that their children have to follow their expectations, which has an impact on the relationship between parents and children. This poor relationship can make children reluctant to share their experiences or feelings for fear of punishment and judgment. This can also occur if parents don't carefully consider the unilateral decisions they make for their children. Problems can begin to arise, becoming more serious, as children into teenager.

According to Conger (Makmun, 2003; Mubarok, 2016), teenager is a critical period that can be either *the best of times* or *the worst of times* . If they can face the various demands that arise well, then adulthood can be passed smoothly. The transition from childhood to teenager will also change the parenting patterns provided by parents. Children in teenager have characteristics and problems that confuse parents, exhibiting rebellious and tense behavior. Attitudes that parents do not understand can cause conflict that impacts adolescent behavior. This can be the beginning of problems experienced by adolescents (Grinder, 1978; Mubarok, 2016).

Effective communication between parents and children is challenging, particularly due to generational differences. Difficulties in understanding each other's thought patterns can create gaps in effective communication. Furthermore, parents with harsh parenting styles who tend to convey a negative impression through physical and psychological punishment can lead to feelings of discomfort, powerlessness in communication, incompetence, and worthlessness, especially when parents compare their teenager children to others. Incorrect parenting styles can also hinder the development of positive self-concept and identity (Leary et al., 1995; Tian, Ai, and Chen, 2024).

Although strict parenting styles that include physical aggression (hitting, slapping), verbal aggression (yelling and cursing), psychological aggression (emotional abuse, neglect, and intimidation) are often criticized, their practice is still frequently used throughout the world. Poor parenting styles can cause teenager to feel emotionally rejected, lack the ability to regulate emotions, depression, anger, anxiety, increased academic procrastination, lack of meaning in life, and form negative self-assessments that

can persist and impact children mental well-being until the next stage and are detrimental (Rudy et al., 2014; Tian, Ai, and Chen, 2024).

To address the negative impacts on children's personalities, parenting styles need to be changed, one approach being *mindful parenting*, also known as full awareness parenting. *Mindful parenting* is essential in the communication process between parents and children. This process requires that each individual interacting avoid labeling or categorizing others, be open to new information and perspectives, be aware of their feelings when making first impressions, be aware of potential misunderstandings, utilize effective and productive communication patterns, and understand that each communication situation is unique, necessitating recognition and evaluation (Burgoon, Berger, & Waldron, 2000; Tampubolon, Yusuf, & Dahlan, 2021).

Mindful parenting is a positive parenting style because it provides children with opportunities to communicate and express their feelings and experiences, and encourages them to think more deeply about making informed decisions, responding appropriately, and regulating their emotions. Based on this, this study was conducted to understand how *mindful parenting* can be implemented so that teenager children can grow up healthy and well, emotionally, mentally, and spiritually.

## RESEARCH METHODS

The research method used in this study is descriptive qualitative with a literature review approach. It is called descriptive qualitative because the research results are described narratively in accordance with the data findings from the scientific literature. This study analyzes aspects of *mindful parenting* applied specifically to adolescents. The data processing process in this literature review approach involves collecting various scientific literature, recording the findings relevant to *mindful parenting* and teenager, and selecting and synthesizing the findings for the study.

## RESULTS AND DISCUSSION

### Teenager

According to At-Taqiyyah and Hakim (2024), teenager is divided into three categories: pre-teenager, early teenager, and late teenager. The first category is pre-teenager, a period of teenager that lasts only one year. Pre-teenager occurs between the ages of 12 and 13 or 13 and 14 and can be considered a negative phase of teenager because it often exhibits negative behaviors, such as difficulty communicating between children and parents. Bodily functions during this phase also begin to experience hormonal changes, leading to sudden mood swings.

The second category is early teenager, which can range from 13 or 14 years old to 17 years old. During this phase, adolescents experience rapid changes. Emotional instability occurs simultaneously with the search for self-identity. Adolescents in this phase begin to have the right to make their own decisions, be independent, and have a sense of identity. Self-esteem is one element determined in early teenager and tends to decline and become unstable during this phase, but can increase again in late teenager and into adulthood (Orth and Robins, 2014; Tian, Ai, and Chen, 2024).

The third category is late teenager, which occurs between the ages of 17 and 22. During this phase, adolescents seek attention, become prominent individuals, are idealistic, have high aspirations, and are enthusiastic and energetic. Late adolescents

strive to establish their identity and desire independence and independence. During this phase, children experience rapid physical changes. During this period, adolescents transition to adulthood and begin to separate from their families.

The discussion above demonstrates that each complex period of teenager requires a parenting style that emphasizes not only firmness and consistency but also provides space for adolescents to explore their identity and self-worth through safe thinking and emotional experiences. Therefore, *mindful parenting* is a relevant parenting style for children entering teenager.

### **Mindful Parenting**

*Mindful parenting* refers to parents' awareness of their children's experiences without negatively labeling them (Duncan, 2009; Mubarak, 2016). From a parent's perspective, this parenting style can foster a harmonious parent-child relationship. From a child's perspective, this parenting style can help them open up when facing challenges. These parenting skills can be applied to encourage positive behavior, consistently prevent problematic behavior, and foster a positive family atmosphere (Bluth and Wahler, 2011; Mubarak, 2016).

Another definition that can expand on *mindful parenting* is the ability of parents to consciously provide their presence in communicating with children through empathetic responses accompanied by well-managed emotions so as not to cause excessive reactions (Wong et al., 2019; Rahayu, 2024).

Furthermore, according to Bogels and Restifo (Rinaldi, 2017; Seneru, Andriyaningsih, Karsinah, 2023), *mindful parenting* can be implemented, starting with full awareness of the world, feelings, and needs of children who vary. This parenting provides the knowledge to be able to recognize and accept pleasant and unpleasant situations, as well as to be able to control and be fully aware of reactive impulses, so that responses can be given with clear accuracy and kindness. This parenting can open parents' mindsets in educating their children and impact the children's lives and characters in the future.

This parenting is also related to the development of children who are in the adolescent phase so that it can help them to think first before doing something, because basically teenagers tend to have difficulty controlling their emotions and are often careless in making decisions in their lives (Seneru, Andriyaningsih, Karsinah, 2023). According to Duncan et al. (2009), the dimensions of mindful parenting include listening attentively, accepting and not judging, emotional awareness, self-control, and *compassion*.

Listening attentively to children is practiced in *mindful parenting*. As children grow older, parents are more aware and sensitive to the meaning of intonation, expressions, body language, and detected cues. From these various signals, parents understand the needs that need to be met. In teenager, parents can rely on this dimension, considering that adolescents can no longer be fully monitored physically, so information is obtained only verbally rather than directly observed (Smetana et al., 2006; Duncan et al., 2009). Through the full attention provided by parents, adolescents' thoughts and feelings can be understood more accurately and can avoid conflict and differences of perspective (Hasting and Grusec 1998; Duncan et al., 2009). This dimension also serves as a strategy for adolescents to communicate openly (Smetana et al., 2006; Duncan et al., 2009).

Acceptance and non-judgment encompasses a parent's attitude of accepting their child's characteristics, behaviors, and attributes without judgment. This acceptance is based on a comprehensive understanding and acceptance of the reality of challenges at any given time. Parents can avoid simply accepting, but rather adopt an accepting and non-judgmental approach. This needs to be accompanied by discussions about clearly and firmly communicating standards and expectations to ensure that children behave appropriately within their cultural context and developmental stage.

Emotional awareness in *mindfulness* centers on a person's ability to manage internal states, namely cognition and emotion. To effectively implement the dimensions of attentive listening, acceptance, and non-judgment, parents need to be skilled at recognizing their own and their children's emotions. Dominant emotions can significantly impact behavior, so when negative emotions emerge, they can undermine parenting. When parents and children have emotional awareness, they can consciously consider their choices when responding or reacting to an event.

Self-control in *mindful parenting* does not mean that the urge to take negative actions, show anger or hostility is not felt, but rather tends to pause reactions during parenting interactions, so that the self can be controlled and can consider the actions to be taken when responding to something. If the child's emotional expression is supported tolerantly and not responding to the child's negative affect with negative affect, it can develop the child's emotional and social competence (Katz et al., 1999; Duncan et al., 2009). This self-control can also be done by encouraging children to be able to express and discuss feelings openly, so that the child's self-regulation can also be created.

*Self-compassion* is a dimension of *mindfulness parenting* that stems from a desire to meet a child's needs through optimal love and support. In practice, *self-compassion* involves avoiding self-blame when parenting goals are not met. *Compassion* in parenting requires confidence in the ability to interact competently and effectively. This optimistic mindset can lead to positive developments in interactions and behavioral changes in children (Coleman and Karraker, 2003; Duncan et al., 2009).

In addition to the dimensions proposed by Duncan et al., *mindful parenting* has five aspects: intention, attitude, attention, emotion, and attachment (Townshend, 2016; Ahemaitijiang et al., 2021). These five aspects are demonstrated in intrapersonal and interpersonal processes. Intrapersonally, this parenting can impact physical and mental health, reduce parental stress, and influence parenting patterns and emotions between parents and children. Interpersonally, this parenting impacts the parent-child relationship and indirectly impacts child development and family functioning within the parent-child relationship (Ahemaitijiang et al., 2021).

Thus, mindful parenting encourages parents to be mindful of their thoughts, feelings, and behaviors and to nurture their children with a focus on the present and non-judgmental attention (Cowling and Gordon, 2021). *Mindful parenting* also contributes to improving parent-child relationships and encouraging positive parenting practices (Duncan et al., 2015; Benton et al., 2019; Cowling and Gordon, 2021).

When mindful parenting is implemented, parent-child communication can improve, foster emotional well-being, and balance the psychological well-being of children and adolescents (Corthorn and Milicic, 2016; Cowling and Gordon, 2021). Openness, acceptance, and mutual understanding demonstrate optimal family functioning (Zuhri, 2009; Tubbs, 2012; Tampubolon, Yusuf, and Dahlan, 2021).

If parents are willing to communicate openly, this can encourage teenagers to be willing to communicate openly. This way, teenagers can share information about the difficulties they are facing and openly express their opinions calmly and without worry (Christian and Jatmika, 2018; Tampubolon, Yusuf, and Dahlan, 2021).

Parents who are fully aware can listen to their children without being distracted, focused, and not busy with their own thoughts (De Bruin, 2014; Tampubolon, Yusuf, and Dahlan, 2021), providing positive support, accepting the child's condition as it is, giving the child a sense of appreciation and support that understands the child (Ernawati and Rusmawati, 2015; Tampubolon, Yusuf, and Dahlan, 2021).

Through empathy and compassion for adolescents, parents tend to understand the pressures they feel, thus encouraging them to provide comfort and optimally meet their needs. Parenting also requires a different approach, as they are no longer children. Respecting children to become independent, less criticized, and more respected is essential during teenager. When adolescents feel unaccepted, they often withdraw from their parents, distracting them from conversations, manipulating them, avoiding them, and even discontinuing communication (Riesch et al., 2003; Tampubolon, Yusuf, and Dahlan, 2021).

When parents and children maintain a *mindful attitude*, problems can be viewed objectively and responded to appropriately. Mistakes can be forgiven and used as a basis for self-improvement. Parents who can forgive reduce negative emotions in their relationships with their children and avoid the cycle of self-blame that can hinder parenting goals (Matsumoto et al., 2024).

In *mindful parenting*, factors that can support the establishment of positive parenting are open and honest communication, giving praise to encourage positive support and build children's self-confidence, consistency in providing structured and clear rules, and parents who are actively involved in building strong bonds with their children's lives (Audy and Nofianti, 2024).

A technique that can be used to support the sustainability of *mindful parenting* is mindfulness meditation, which can foster full attention to the experiences of both parents and their children (Potharst et al., 2019; Rahayu, 2024). Breathing techniques help parents manage stress and increase self-awareness when responding to children's behavior. Self-reflection can also help parents evaluate the care they provide to their children and is an effort to increase positive interactions with their children (Hajal and Paley, 2020; Rahayu, 2024).

According to Matsumoto et al. (2024), the impact felt by children when *mindfulness* is applied in daily life is that they can focus and concentrate fully, all distractions can be avoided, and activities can be completed calmly. For children, *mindfulness* can recognize emerging feelings so they do not act impulsively and remain calm in facing all situations. A sense of gratitude for every memory, starting from the smallest, and a sense of appreciation for what they have can grow through this parenting. Children also tend to be more relaxed and refreshed, both physically and mentally. This parenting helps children gain high self-awareness in recognizing feelings and thoughts, increasing self-confidence, mental resilience, peace of mind, and they are able to accept and understand the inner experiences they experience.

## Closing

*Mindful parenting* is a relevant parenting style for adolescents, given that teenager is a period filled with emotions and a passionate spirit that requires meeting children's needs for identity discovery, self-esteem, and validation. This parenting style emphasizes the need for parents to be conscious in their interactions with their children, encompassing attention and active listening, non-judgmental, and compassion, supported by emotional management and self-control.

This parenting style can have a positive impact on intrapersonal aspects, such as the emotional well-being of parents and children, as well as on interpersonal aspects, such as effective communication and a warm relationship between parents and children. When implemented effectively and consistently, *mindful parenting* can build adolescents' self-confidence, foster open communication, and foster positive emotional regulation in children.

Based on the results of this study, it is hoped that parents can implement *mindful parenting*, rather than using harsh parenting styles that can even lead to negative aggression, which can negatively impact children's mental health during teenager. Furthermore, through this type of parenting, adolescents can express their emotions in a healthy and open manner with their parents. Educational institutions can offer *parenting classes* on this topic to help parents improve their skills in providing mindful parenting.

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