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Original Article

The Influence of Toxic Parenting on Sibling Rivalry Among High School Students

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Abstract. The purpose of this study is to find out whether there is an influence between toxic parenting and sibling rivalry and aims to see the picture of toxic parenting with sibling rivalry. The method used in this study uses a quantitative approach. The population and sample in this study are 113 students of SMK Ankes Tunas Harapan. Data were collected through two questionnaires, including the toxic parenting instrument and the sibling rivalry instrument. The data was analyzed using SPSS version 20 software with random sampling techniques. The analysis techniques used in testing variables are normality tests, linearity tests, and hypothesis tests using simple linear regression. The findings in this study are that there is a significant influence between toxic parenting (X) with sibling rivalry (Y).

Keywords: Toxic Parenting, Sibling Rivalry, Family

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Introduction

Family is the first place for a person to recognize other individuals and show their characteristics. In a family, a person shows personality related to attitude, responsibility, sociability and temperament. This can be an identifier or characteristic that each individual in the family has. In a family that has more than one child, it is different from other families that only have one child, both differences in terms of finances, parental attitudes or treatment, affection given to children, and life patterns in the family. In families that have more than one child, problems such as competition, quarrels or disputes between brothers and sisters can be found. (Putri & Hasanah, 2020).

Relationships between siblings can go well and not go well, for example, the older brother takes care of his younger brother, pays positive attention to his younger brother or helps his younger brother in solving problems and his younger brother will do the opposite by imitating his brother's behaviors. In the child's interaction with his siblings, the child may show examples of mutual help and mutual protection behavior. But on the other hand, sometimes there are often conflicts that arise from children and their siblings. Example: An older brother feels jealous of his younger brother and considers his younger brother as the the loss of some of the enjoyment that he has been receiving from his parents. The jealousy of the older brother towards this

younger brother is something that can cause conflict, quarrels and negative competition between siblings (sibling rivalry; Idris, 2018).

Sibling rivalry is a form of competition between siblings, brothers, and sisters that occurs because a person is afraid of losing the affection and attention of their parents, so that it causes various conflicts and the consequences of these conflicts can be dangerous for a person's personal and social adjustment (Ayu et al., 2013). Sibling rivalry occurs because they feel that they have lost their parents and consider their siblings as rivals in getting attention and affection from their parents as well as the attitude of parents who like to compare their children (Kurniasih et al., 2022). From the data obtained from the Indonesian National Commission for Child Protection (KPAI), it is stated that the behavior of parents who still compare children with each other in 2017 was 37.4% carried out by fathers, 43.4% by mothers, and 84.8% of sibling rivalry in the family (Haniyyah et al., 2019).

Sibling rivalry is characterized by several behaviors such as aggressive behavior towards siblings (hitting, pinching, explosive anger), a strong sense of competition with siblings, and feelings of envy and jealousy that encourage the child to seek more attention towards parents or others around them (Muarifah & Fitriana, 2019). Sibling rivalry can arise due to two kinds of factors. First, internal factors come from the individual himself who grows and develops such as temperament, ambitiousness, age and gender differences. Furthermore, external factors can be in the form of wrong parenting. Parents have a full contribution to forming a quality fraternal relationship (Psikologi & Ina Savira Jurusan Psikologi, 2022).

The impact of sibling rivalry on children at this age can endanger the relationship between brothers and sisters in the future. These negative impacts can be avoided and turned into positive impacts when parents can cope with attitudes and knowledge. The knowledge needed, of course, is knowledge about preventing the phenomenon of sibling rivalry problems in the child. This prevention is very necessary from an early age. Therefore, it is very important for parents to have knowledge about this sibling rivalry (Marhamah & Fidesrinur, 2021). Sibling rivalry behavior can occur because there are incidents of parents treating children poorly. A healthy family is certainly coveted by everyone. There are several characteristics of a healthy family namely: support; compassion for all other family members; provide security and feelings and ensure every family member feels important, valued, respected and confident.

Toxic families have long-term effects on children, especially on the psychological side that can result in trauma. Moreover, this trauma has the potential to apply this toxic lifestyle to the family that will wake up in the future (Saskara & Ulio, 2020). Toxic parents themselves are parents who do not respect and treat their children well as individuals. They can commit various violence on children and even make their psychological condition or mental health disturbed. Toxic parents are also reluctant to compromise, be responsible, or apologize to their children. Thing this is often done by parents who have a mental disorder or are an addict (Saskara & Ulio, 2020). Toxic Parenting is a bad parenting procedure that parents do to children that is taken from the treatment of their parents when raising them and so on. Where the mistreatment received by children will lead them to self-destructive, feel unappreciated, and uncomfortable in the family environment (Azwar, 2023). Toxic parents or "toxic" parents may be considered a terrible term and make parents defensive when they hear the term. Like the experiences experienced by the subjects, both of them received "toxic" behaviors from their parents such as not getting warm treatment from their parents, not being given the freedom to express their emotions. Older people often give negative words, refuse to compromise and are unwilling to apologize when they make mistakes. Parents also often degrade their children's capacity and demand that their wishes must be fulfilled (Nyoman et al., 2021).

According to research (Rifani et al., 2018) revealed that 56.5% of young people in East Banjarmasin admitted to having received toxic treatment from their parents, the remaining 26.1% of respondents admitted to never having received toxic treatment from their parents. One form of toxic treatment from parents that respondents have received is being belittled by their parents so that the consequences of this treatment are reduced self-confidence in making a

decision where the results of observations show that respondents who experienced this amounted to 69.6%, which means that the impact of this toxic parental behavior is quite influential on the self-confidence of young people so that if left unchecked it will have a bad impact. Often found the type of parents who have their own interests in educating their children. In fact, education in the family is the main education that parents must give to their children before the child receives education outside the family environment. Understanding their own children is very important for parents to do.

Understanding yourself and communicating everything together can be a solution for parents so that they do not experience toxic parenting towards their children. In this way, children feel considered, appreciated, loved, not just told to obey their parents' wishes (Rianti & Ahmad Dahlan, 2022). Dunham and Dermer said that toxic parents include 3 aspects, namely "Pageant parents, dismissive parents, and contemptuous parents who are insulting" which means that the type of toxic parents consists of parents who shape their children according to their wishes, parents who often underestimate their children and parents who insult their children (Aprilia et al., 2023). Toxic parents have a very big negative effect on children. Children can suffer mentally. Obedient children will try as hard as possible to make their parents happy by suppressing everything they want. Meanwhile, rebellious children will become rebellious to their parents (Oktariani, 2021).

Method

This study is a quantitative descriptive study on students of SMK Ankes Tunas Harapan Jakarta. The sample in this study was 113 students (male = 23.7%; female = 72.7%), students in the research sample were aged 15-18 years. Sampling using random sampling technique. Data were collected through two questionnaires, including the toxic parenting instrument that I adopted from (Wimarangga, 2022) 31 items and the sibling rivalry instrument (Herfinda, 2023) as many as 24 items. The questionnaire uses 4 points with a Likert scale model including the following answer choices: strongly agree, agree, disagree and strongly disagree. The instrument has been tested for validity using SPSS version 20 software. The results of the SPSS analysis on the toxic parenting instrument show item reliability of 0.962 from 31 items to 31 valid items, so that the items on the tested instrument are declared reliable because they meet the prerequisite criteria for the reliability test, namely > 0.60 with a relationship level in the strong category, meaning that the instrument has good quality for measuring toxic parenting. The results of the SPSS analysis on the sibling rivalry instrument show item reliability of 0.800 from 26 items to 24 valid items, so that the items on the tested instrument are declared reliable because they meet the prerequisite criteria for the reliability test, namely > 0.60 with a relationship level in the very strong category, meaning that the instrument has good quality for measuring sibling rivalry. The data of this study were analysed using SPSS software with linear regression techniques.

Results and Discussion

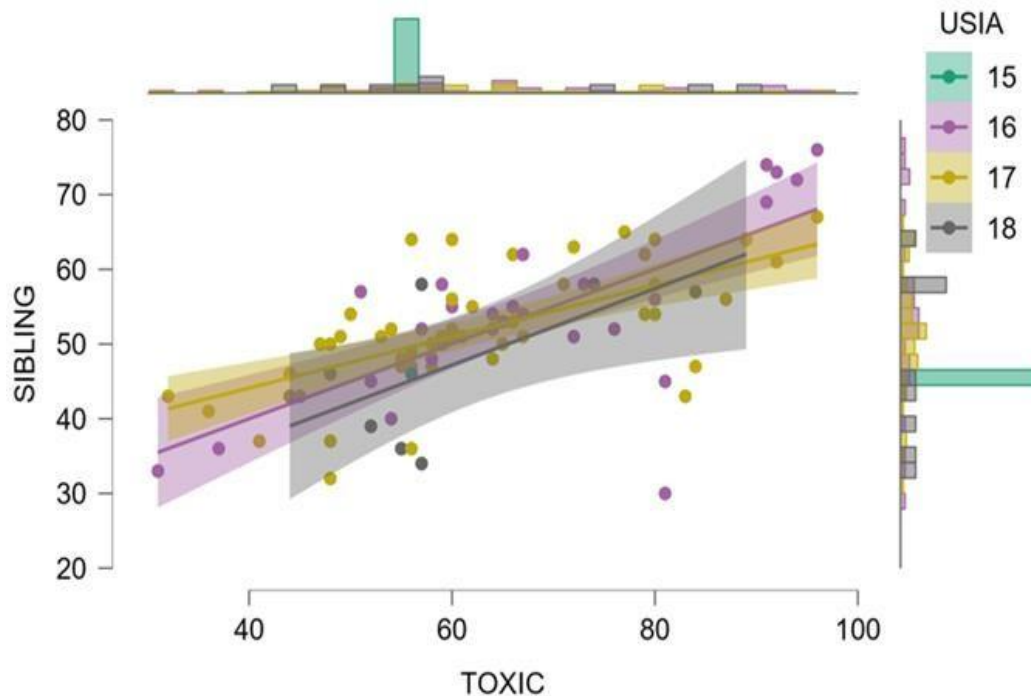


Figure 1. Distribution of data on toxic parenting and sibling rivalry

Figure 1 men clearly depicts the data distribution pattern for the toxic parenting and sibling rivalry variables. Image analysis provides a visual understanding in-depth analysis of the distribution and comparison of the two variables, which provides a basis for further interpretation of their relationship. Next, an in-depth analysis of toxic parenting versus sibling rivalry. Based on the results of distributing the toxic parenting questionnaire to 113 students of SMK Ankes Tunas Harapan with 31 statement items, the lowest score was 50 and the highest score was 126. These scores were then used as the basis for determining the categorization of toxic parenting data presented in Table 1.

Table 1. Description of Toxic Parenting

Score Interval	Category	f	%
108-126	Very high	0	0
89-107	High	9	10,2
70-88	Moderat	19	21,6
51-69	Low	46	52,3
31-50	Very low	14	15,9

Based on the table above, the results show that 0 students (0%) are in the very high category, 9 students (10.2%) are in the high category, 19 students (21.6%) are in the medium category, 46 students (52.3%) are in the low category, and 14 students (15.9%) are in the very low category. This means that the average toxic parenting of students is in the low category. This score is then used as a basis for determining the categorization of sibling rivalry data presented in table 2.

Table 2. Description of Sibling Rivalry

Score Interval	Category	f	%
81-94	Very high	0	0
67-80	High	6	6,8
53-66	Moderat	34	38,6
39-52	Low	39	44,3
24-38	Very low	9	10,2

Based on the table above, it is obtained that 0 students (0%) are in the very high category, 6 students (6.8%) are in the high category, 34 students (38.6%) are in the medium category, 39 students (44.3%) are in the low category, and 9 students (10.2%) are in the very low category. This means that the average sibling rivalry is in the low category. By using valid instruments, a regression analysis was conducted to determine the effect of toxic parenting on sibling rivalry behavior in SMK ANKES Tunas Harapan students. Based on the regression analysis using SPSS 20 software, the following results were obtained:

Table 3. Results of the Determination Coefficient

Variabel	R	R Square
XY	0,677	0,459

Based on the results of the analysis of table 3 above, the R value is 0.677, so this value can be interpreted that there is a relationship between toxic parenting and sibling rivalry with an R Square value of 0.459, so it can be concluded that the variable (X) toxic parenting has an influence of 45.9% on the variable (Y) sibling rivalry while the remaining 54.1% is influenced by other variables that cannot be explained in this study.

Table 4. Results of Anova Regression Analysis

Variable	F	Sig
XY	72.824	0,000

Based on the analysis of table 4 above, the F count result is 72,824 with a significance level of 0.000. Because the significance value is less than 0.05, it can be said that the hypothesis is accepted (H_0 is rejected) or the toxic parenting variable has an effect on sibling rivalry. To see more about the regression equation, see table 5 below:

Table 5. Results of Regression Equations (Coefficients)

Variabel	Unstandardized Coefficients	T	Sig
	B		
Constant	24.730	7.506	0,000
X	0,426	8.534	0,000

Based on the analysis of table 5 above, the constant value (a) is 24,730 while the sibling rivalry value (b) is 0.426, so the regression equation becomes: $\hat{Y} = 24,730 + 0.426X$. This regression formula shows that every one point increase in toxic parenting will be followed by an increase in sibling rivalry of 0.426. The regression coefficient is positive, so it can be stated that the effect of the toxic parenting variable (X) on sibling rivalry (Y) is positive, which means that an increase in toxic parenting will cause an increase in sibling rivalry. In line with Budi & Nuansa research (2024), there is a significant influence between the toxic parenting variable on bullying behavior. The large contribution of 20.1% shows that some toxic parenting on bullying behavior has a very large influence on students. However, the remaining 79.9% is influenced

by other factors not examined in this study. Based on the results of the analysis and discussion in this study, the researcher can conclude that the hypothesis in this study is accepted, because the results of the study show the influence of toxic parenting behavior on bullying behavior in students of SMA Negeri 93 Jakarta. Toxic parenting behavior has a significant influence on bullying behavior in students. Students who get toxic parenting from their parents cause students to potentially engage in bullying behavior. In this study, it was found that students who get Toxic Parenting have a habit of carrying out bullying behavior both verbally and non-verbally such as teasing, kicking, pushing, and other hurtful actions. Toxic parenting contributes to sibling rivalry by 27.7%, while the remaining 73.3% is influenced by other variables that cannot be explained in this study (Oktara et al., 2023). In addition, the regression coefficient is positive, it can be stated that the influence of the toxic parenting variable on sibling rivalry is positive, which means that an increase in toxic parenting will cause an increase in sibling rivalry. So it can be stated that reducing quarrels between family members can be done through democratic parenting without toxic parenting in children.

Furthermore, mothers' knowledge about sibling rivalry is very important, especially in prevention and proper handling. In theory, sibling rivalry is a common occurrence in families, but sibling rivalry must receive parental attention because improper handling can cause ongoing problems (Andriyani & Darmawan, 2018). Based on the explanation above, there is a need for family counseling services using animated videos about parenting (Hariyani & Syahputra, 2019) and seminars on parenting to improve democratic parenting patterns in today's millennial families, where parenting patterns that develop in society still show toxic parenting given to children, this condition can make students' morale low (Sanggita et al., 2020).

Conclusion

The results of this study indicate that there is a significant influence between the toxic parenting variable and sibling rivalry. The large contribution of 45.9% indicates that some toxic parenting has a significant effect on sibling rivalry has a very large influence on students. However, the remaining 54.1% is influenced by other factors not examined in this study. Based on the results of the analysis and discussion in this study, the researcher can conclude that the hypothesis in this study is accepted, because the results of the study indicate the influence of toxic parenting behavior on sibling rivalry in SMK Ankes Tunas Harapan students. Toxic parenting behavior has a significant influence on sibling rivalry in students. Students who get toxic parenting behavior from their parents cause students to have the potential for sibling rivalry. In this study, it was found that students who get toxic parenting behavior have sibling rivalry habits such as being aggressive, hitting / injuring their younger siblings, being rebellious, fussy, experiencing setbacks, previously not wetting the bed but now wetting the bed again, often getting angry explosively, often crying for no reason and becoming more clingy / clingy to the mother. Therefore, more effective handling efforts are needed to overcome toxic parenting behavior towards sibling rivalry.

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