

## The Role of Family Functions on The Quality of Friendship in Adolescents

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### Abstract

Middle adolescents have characteristics and developmental tasks in their life, one of which is social life. The developmental task is a friendly relationship with peers. However, not all adolescent friendship relations run well because of individual conflicts and problems. This study aims to examine the role of family functioning on the quality of friendship in adolescents. The research method used is a quantitative method with a correlational design. The data collection tools used are the family functioning and friendship quality scales. The subject-taking technique used purposive sampling with the criteria for middle-aged adolescents (15-18 years) who had friends in Banjarmasin. The total number of subjects was 321. The data analysis used was simple linear regression analysis. The results showed that family functioning significantly predicts the quality of friendship in adolescents. Family function can predict friendship quality by 32.7% ( $R^2=0,327$ ;  $F(1, 319) = 155,123$ ;  $sig <,000$ ). Based on these results, the research hypothesis is accepted, namely that family functioning plays a role in the quality of friendship in adolescents.

**Keywords:** Family Functionality, Friendship Quality

### Introduction

Humans are social creatures, and as social beings, humans need relationships with each other to meet their social functions' needs (Aini, 2014). Teenagers are no exception; teenagers are required to be able to establish relationships not only in the family environment but in their social environment (Aini, 2014). Adolescent social relationships begin with the formation of peer groups, and these groups help adolescents learn to interact, adapt, control social behaviour, and develop skills and interests (Damayanti & Haryanto, 2019).

Each stage of development has different characteristics of developmental tasks, one of which is middle adolescence; the task of middle adolescent social development in the context of peer relations is that adolescents can master mature new relationships with peers and adolescents can have a social role in their peer group (Ardi et al. al., 2012). This developmental task can be fulfilled by establishing

good friendships among peers. However, in reality, phenomena in the field show adolescent friendships do not go well; there are conflicts in them (Mufidah & Fitriah, 2020).

On the other hand, adolescents who have negative friendship qualities or a low level are marked by conflict and betrayal of friends (Soviana, 2020). The cause of conflict is competition between individuals and different opinions; there is annoyance, anger, irritation, and distrust among friends. This can be the reason for the end of a friendship (Parker & Asher, 1993).

Based on a preliminary study conducted by researchers on four middle-aged adolescents. The results of their interviews admitted that the quality of the friendship they lived did not always run smoothly. Conflicts and problems were colouring their friendly relationship, such as they often had communication misunderstandings that caused miscommunication and distrust of their friends in

personal problems. These friends mocked to make one of them are offended, and there is a sense of competition, such as envy of friends. This can make the friendship between them not go well. Parker and Asher (1993) added that quality friendships are friendships in which there is mutual understanding, spending time together, helping each other, being close to each other and solving problems together; besides that, there is low conflict in friendship.

Cavanaugh and Blanchard-Fields (in Febrieta, 2016) explain friendship has an essential role in helping teenagers live life. Besides that, Bergsma, Poot, and Liefbroer (in Febrieta, 2016) explaining friendship can enrich self-development and provide personal comfort, support and guidance. Research shows that adolescents have generally had friends or close friends (Ardi et al., 2012).

Flynn et al. (2017) explain that several factors form the quality of friendship, namely family, peers, and partners. Family is the basis for social support directly related to adolescent behaviour to develop peer relationships. Social support includes caring, affection, showing appreciation and helping with necessary tasks so that adolescents will have satisfying friendships. Rahmah (2018) explains that social relations will start with a newborn child who will receive socialization for the first time in his family. The child will get to know all family members, such as the father, mother, and siblings, and finally, the child will know himself. The child is guided to obey the rules and ethics in the family environment, hoping that harmony is formed in the family environment because the family plays a role in influencing the socialization process in the surrounding environment (Rahmah, 2018). Loutzenhiser explained that the family environment, as described earlier, is a functioning family or, in other words, a functioning family (Yasa & Fatmawati, 2010).

Epstein-Lubow et al. (2009) explain that family functioning refers to how the whole family can communicate, work together, and help each other where, which influences the physical and emotional

health of family members. Byles et al. (in Maulina & Amalia, 2019) explain that family members can support each other, communicate effectively, respond to challenges that arise with empathy, and solve problems well when the family is functioning well. In addition, according to Shek (2002), a healthy functioning family makes family members develop their potential because family functioning has a relationship with psychological well-being, social adjustment, and problematic adolescent behaviour.

Research conducted by Putri et al. (2018) showed that teenagers who have experience establishing relationships with parents would affect the type of relationship they have to give to their friends, such as parents providing warmth, security and trust that will provide the same quality in relationships. With his best friend. The experience of interacting in the family can be used as a benchmark for interaction in friendship (Putri et al., 2018). This is in line with research which explains that the willingness of parents to listen, accept and love will create good conditions for adolescents to communicate with others (Kholifah & Rusmawati, 2018). Based on the description above, the researcher assumes that there is a role in family functioning in the quality of friendship in adolescents. So, the hypothesis proposed by the researcher is that there is a role for family functioning in the quality of friendship in adolescents.

## Method

The variables in this study are family functioning and the quality of friendship in adolescents in the city of Banjarmasin. The method in this study uses a quantitative approach with a correlational design. Analysis of the data used is simple linear regression to determine the role of family functioning variables on the quality of friendship in adolescents in Banjarmasin. The subject-taking technique used *purposive sampling* with criteria for middle adolescents (15–18 years) who had friends in Banjarmasin. A total of 321 subjects.

The measuring instrument used in this study used a family functioning scale and a friendship quality scale. The family functioning scale used is 53 items with Cronbach's Alpha = 0.976. An example of a family functioning scale is "When I have a problem, my family helps solve it", and a friendship quality scale is 56 items with Cronbach's Alpha = 0.964. An example of a friendship quality scale is "Friends accompany me when I am in a state of joy or sorrow". The scale uses a *Likert* that contains five responses, namely Strongly Agree (SS), Agree (S), Neutral (N), Disagree (TS), and Strongly Disagree (STS). The data analysis is a simple regression analysis using SPSS *Version 25.0 for Windows*. The data collection is done offline and online.

On the family functioning scale, if the research subject has a score of less than 122, the subject has low family functioning. Research subjects who scored between 122 and 196 were assessed as having family functioning in the moderate category. For research subjects with a score of more than 196, the subject has a high category of family functioning. Meanwhile, on the friendship quality scale, it is known that if the research subject scores less than 131, the subject has a low category of friendship quality. Research subjects who get scores of 131 to 205 have the quality of friendship in the medium category. As for research subjects with a score of more than 205, the subject has the quality of friendship in the high category. The criteria for participants in this study were having friends domiciled in the city of Banjarmasin, aged 15-18 years. The entire data collection process is carried out offline and online. The researcher carried out the offline data retrieval by distributing the scale to the middle youth directly and filling it out directly by the researcher and collecting data online via a questionnaire link distributed via Google Form with the detailed processing mechanism included.

## Results and Discussion

The research data amounted to 340 teenagers, but the data analyzed were 321 because there was a

subject cleaning by clearing some outlier data to meet the normality assumption. Descriptive data analysis was carried out from the family functioning and friendship quality variables. Description of research data using hypothetical data. In this section, the results will be explained by research data in the form of descriptive statistical analysis results, test assumptions and hypothesis testing.

### 1. Test assumptions

Simple linear regression includes parametric statistics. Several assumptions must be met, namely the assumption of normality, linearity, correlation.

#### *Normality test.*

The normality test in this study used the histogram to visualize the data. Mayers (2013) explains that if the histogram forms a data pattern resembling an inverted bell, it can be said that the data is normally distributed. The visualization of the variables studied was normally distributed based on visual testing using histograms.

#### *Linearity test*

Linearity test in several references stated that this linearity test is a requirement or assumption before doing linear regression analysis. Based on the results of the analysis, it can be seen that the significance value of the data is  $0.000 < 0.05$ , which means that the data is linear. It can be said that there is a significant linear relationship between the family functioning variable and the friendship quality variable so that the requirements for the linearity test are met.

#### *Correlation test*

Based on the correlation test results, a significance value of  $0.000$  ( $p < 0.05$ ) was obtained. This shows that there is a correlation between family functioning and the quality of friendship. So, the correlation assumption is met.

### 2. Hypothesis Test

The data hypothesis test used in this study is a simple linear regression test. The simple linear regression hypothesis test is shown in tables 4, 5 and 6.

Tables 4 and 5 show that the independent variable of family functioning can predict the dependent variable of friendship quality significantly, where family functioning explains the variation of friendship quality by 32.7% ( $R^2 = 0.327$ ;  $F(1, 319) = 155.123$ ;  $sig < .000$ ). From the table above, a significant

number of 0.000 is obtained in the significance section. It can be said that the family functioning variable plays a significant role in the friendship quality variable. Thus, the researcher's hypothesis that there is a role for family functioning on the quality of friendship is accepted.

**Table 4.** Test results Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.572 <sup>a</sup>	.327	.325	20.690

From the results of the categorization of research data for the family functioning variable, it can be seen that the family functioning score on the subject amounted to 321 adolescents consisting of 111 adolescents (35%) in the medium category and 210 adolescents (65%) in the high category. This shows that no middle school adolescents in the city of Banjarmasin have family functioning in the low category and are more dominant in having family functioning in the high category. The results of the

categorization of research data for the friendship quality variable show that the friendship quality scores on the subject totalling 321 adolescents consisting of 55 adolescents (17%) are in the medium category, and 266 adolescents (83%) are in the high category. This shows that no middle school adolescents in the city of Banjarmasin have the quality of friendship in the low category and more dominantly have the quality of friendship in the high category.

**Table 5.** ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	66404.019	1	66404.019	155.123	.000 <sup>b</sup>
	Residual	136554.997	319	428.072		
	Total	202959.016	320			

The results of hypothesis testing show that family functioning can predict friendship quality significantly, with family functioning explaining variations in friendship quality by 32.7% ( $R^2 = 0.327$ ;

$F(1, 319) = 155.123$ ;  $sig < .000$ ). Based on these results, the hypothesis proposed by the researcher is accepted, namely, the role of family functioning on the quality of friendship.

**Table 6.** Test results Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
1 (Constant)	141.070	7.329			19.249	.000
KK	.436	.035	.572		12.455	.000

The results of this study are in line with the results of research from Samuel and Kurniawan

(2008), which shows that family functioning has a relationship with the quality of friendship in

adolescents. The high quality of their friendship accompanies the functioning of the family-owned by adolescents. In addition, research supporting Atkin et al. (2015) shows a significant effect of family functioning on the quality of friendships, where adolescents with good family functioning will spend more time with their friends. Wise and King (2008) found that a strong and positive family environment can indicate high-quality friendships in college students. Strong and positive families are families who often do activities together, depend on each other, confirm with each other, and support each other Wise and King (2008). Other researchers also found that adolescents with positive friendship values and low conflicts have strong attachments to their mothers and fathers (Field & Diego, 2002). In other words, the behaviour of adolescents in their friendships is based on their experiences in their families (Field & Diego, 2002).

On the other hand, when the family does not function properly, the quality of friendships experienced by adolescents is also potentially not good. This finding is in accordance with the results of research conducted by Hio Wa Mak et al. (2018). They explained that when family dysfunction occurs, it has the potential to reduce the quality of friendship in adolescents. In other words, low-income family functioning causes a decrease in the quality of friendships over time (Hio Wa Mak et., 2018). Another study by McCloskey & Stuewig (2001) found that children who get marital violence from the family will feel lonely and have no friends. Research by Laursen and Adams (in Gasser-haas et al., 2021) states that conflict with family members increases the risk of conflict with close friends and vice versa. Another study also found that adolescents who received rejection from their families would also experience rejection from their peers, which had the effect of lowering the quality of their friendships (London et al., 2007; Pedersen, Vitaro, Barker, & Borge, 2007).

Teenagers need this adaptability in dealing with their friends, where their friends also have values that

they bring from their families. Parental relationships with adolescent friendships include supervision carried out by parents to adolescents, such as social selection, activities, and peers. Education and the family environment will help adolescents achieve their developmental tasks (Kholifah & Rusmawati, 2018). In addition, developmental tasks are not only needed by teenagers in the family environment, but teenagers are required to establish relationships with peers (Aini, 2014).

Theory *social learning* Bandura explains that humans can think and regulate and direct themselves so that humans can control the environment. Besides, humans are also shaped by their environment (Tarsono, 2018). Thus, individual behaviour is learned through interactions with the environment, and the development of his personality depends on these interactions. The environment in question includes the family environment or social environment (Tarsono, 2018). Putri et al. (2018) added that someone who has experience in relationships with parents would affect the type of relationship he has to give to friends such as parents who provide a sense of warmth, security, and trust will provide the same quality in a relationship. with his best friend. In other words, how a person behaves in his friendship will be influenced by aspects of his family. Based on the results obtained, there is a role of family functioning in the quality of friendship by 32.7% as a practical contribution. At the same time, the rest is the influence of other factors on the quality of friendship. This is in line with Flynn et al. (2017) explaining that there are factors in forming the quality of friendship, namely peers and partners.

## Conclusions

The results of research that has been carried out show that family functioning can predict the quality of friendship significantly. In contrast, family functioning explains the variation in friendship quality by 32.7%. Thus, the researcher's hypothesis that there is a role for family functioning on the quality of friendship is accepted.

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