

## **PARENTAL AND PEER ATTACHMENT AS DETERMINANT FACTORS OF ADOLESCENT'S OPTIMISM**

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### **Abstract**

An optimistic life is important to everyone. An external factors that contributes to life optimism of adolescent are interactions with parents and peers. This study aims to analyze the influence of adolescent's and family's characteristics and parental and peer attachment on adolescent's optimism in life. This study used a cross-sectional research method in senior high schools and vocational schools located in Bekasi City, West Java. Total of 256 students were participated in the study. The results showed that most adolescents had a secure attachment to their parents and peers, and a high degree of optimism in life. The study also found that parent-child attachment has a significant positive relationship and influence on teenager's life optimism. Further analysis showed that the mother-peer attachment model had a higher influence on teenager's life optimism than the father-peer attachment model, although both models has significant influence.

Keywords: adolescent, father attachment, mother attachment, life optimism, peer attachment

## **KELEKATAN ORANG TUA DAN TEMAN SEBAYA SEBAGAI FAKTOR PENENTU OPTIMISME REMAJA**

### **Abstrak**

Optimisme dalam hidup merupakan suatu hal yang penting dimiliki oleh setiap orang. Faktor-faktor luar diri yang memberikan sumbangsih pada optimisme hidup adalah kedekatan dengan figur lekat seperti orang tua dan teman sebaya. Penelitian ini bertujuan untuk menganalisis pengaruh karakteristik remaja, keluarga, kelekatan orang tua dan teman sebaya terhadap optimisme hidup remaja. Penelitian ini menggunakan metode cross sectional study yang dilaksanakan di SMA dan SMK Negeri Kota Bekasi, Jawa Barat. Penelitian ini melibatkan 256 responden siswa yang dipilih secara purposive. Hasil penelitian menunjukkan mayoritas remaja memiliki kelekatan orang tua dan teman sebaya yang terkategori aman serta optimisme hidup yang terkategori tinggi. Penelitian ini juga menemukan bahwa kelekatan orang tua dan teman sebaya memiliki hubungan sekaligus pengaruh positif signifikan terhadap optimisme hidup remaja. Analisis lebih lanjut, model pengaruh kelekatan ibu dan teman sebaya memiliki peluang pengaruh yang lebih tinggi dibandingkan model kelekatan ayah dan teman sebaya, meskipun kedua model memiliki pengaruh yang signifikan.

Keywords: kelekatan ayah, kelekatan ibu, kelekatan teman sebaya, optimisme hidup, remaja

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## **INTRODUCTION**

Adolescence is a transitional period towards a process of self-maturity with many things changing at this time. Turmoil from the physical, psychological, emotional, and cognitive aspects will definitely occur. According to Hurlock (1980), there are many things that can change and develop in adolescence including physical, emotional, and behavioral. In addition, another change that occurs during adolescence is cognitive change, where adolescents have not been able to leave the mindset of childhood so that they have immature thinking characteristics (Kamaratih, Ruhaena, & Prasetyaningrum, 2016). In this phase, children will try to find or find their identity, as stated by Erikson in Hurlock (1980) that the search for identity occurs during adolescence to know himself and know his role in society. This will affect the self-balance of adolescents who are faced with various existing realities, and are required to determine steps forward. Teenagers must be able

to distinguish good and bad things for themselves so that their character will be seen. However, not all adolescents can survive with all the developmental tasks and problems they face.

Based on WHO (2014), global data per year people die from suicide reaching more than 804 thousand or one death every 40 seconds. According to WHO (2019) the suicide rate in Indonesia in 2016 was 3,4 per 100 thousand people or around 8978 people per year. According to WHO (2014), suicide is the second highest cause of death in the age range of 15-29 years. Adolescents and young adults are the population with the highest risk of suicide (Into The Light, 2019). This happens because of depression experienced by teenagers or unpreparedness to live life. According to Into The Light (2019) states that 10-20 percent of children and young people experience psychiatric disorders worldwide. Data from WHO states that half of psychiatric disorders appear at the age of 14 and three-fourths in their mid-20s (Into The Light, 2019). This is in line with research conducted by Whiteford et al. (2013) showed that the burden of psychiatric disorders, such as depression and anxiety disorders, is also most often experienced by young people (10-29 years) worldwide. This research is supported by research conducted by Pengpid and Peltzer (2018) which found that 21.8% of the population aged 15 years and over reported showing symptoms of moderate or severe depression, almost a third of whom were adolescents aged 15-19 years. The Main Results of Basic Health Research of the Ministry of Health of the Republic of Indonesia (2018) also revealed that 6,1 percent of the population aged 15 years and over suffered from depression, but only 9 percent took medication or underwent medical treatment.

In addition to the issues of suicide and depression experienced by young people, the Main Results of the Indonesian Ministry of Health's Basic Health Research (2018) show that the prevalence of consumption of alcoholic beverages in people over 10 years of age has increased from 2007, from 3,0 percent to 3.7 percent. Problems such as pornography, bullying, brawls, and other anti-social behavior are still often found in adolescents in both urban and rural areas (Situmorang, Hastuti, & Herawati, 2016). The Indonesian Ministry of Health's Data and Information Center (2014) states that the problem of drug abuse in Indonesia has become widespread and very worrying, not only in urban areas, but also reaching rural areas. The problem of drug abuse is a very complex problem that requires comprehensive management efforts involving multidisciplinary, multi-sectoral and active cooperation between individuals and the community which is carried out in a sustainable, consistent and consistent manner. Data from the National Narcotics Agency and POLRI in the Data and Information Center of the Indonesian Ministry of Health (2014) show that the 16-19 years old youth group occupies the third position as a group of drug abusers each year from 2008-2012.

This phenomenon can occur due to the failure of adolescents in dealing with various upheavals in this period and its challenges. Adolescents have two choices to live life, respond optimistically or pessimistically in dealing with various tasks or problems during development. According to Peterson and Seligman in Roellyana and Listiyandini (2016), optimism is a part of character strength. Optimism in life will give direction and steps for someone to act or decision. Someone who has good life optimism will act wisely. According to Slamet (2014), optimism is an individual attitude that has strong expectations of everything even though it is facing a problem because the individual believes he can solve it. Optimism in life in adolescents will make all the things that hinder or limit them to explore their own potential and find their identity as a spirit booster. In line with Adilia's research (2010) explains that in accepting disappointment, optimistic individuals tend to accept with an active response, not despair, plan future actions, seek help, and see failure as something that can be corrected. However, optimism also arises not only from the stimulus within the adolescent, but also external stimulus influences the optimism of the adolescent. Optimism in one's life will depend on the background that formed him since childhood. According to Seligman in Putri and NRH (2015) there are three factors that influence a person's optimism including health, parents, environment and life experiences.

Teenagers grow and develop not only alone. There is an environment around adolescents that contributes to the optimism of adolescent life. One of the environments that interact with adolescents is family and peers. Purnama and Wahyuni (2017) state that mothers and fathers are parents who have a very important role in raising children, giving love to children and are responsible for providing guidance and direction that can help children live life. The teenage period is filled with many worries and problems that can have a negative impact on oneself. Children's behavior is one of the things that is very worrying and disturbing to society, such as children's behavior away from religious teachings, disrespecting parents, dressing immodestly, speaking dirty, smoking, and the most troubling is when children are involved in criminal acts (Sari, Devianti, & Safitri, 2018). Teenagers who are not close to their parents will feel uncomfortable in the family. According to Sari, Devianti, and Safitri (2018) stated that children in a negative family environment are at high risk of developing problematic behaviors, such as aggressiveness, violent behavior, and depression. According to Retnaningsih (2005) feeling of being ostracized from mothers and fathers can make it difficult for adolescents

to interact with other people and will tend to be narcissistic individuals and less able to establish social interactions.

Peer attachment also contributes to the growth and development of adolescents. Adolescents who are attached to their peers will live a social life comfortably. In line with the research of Mota and Matos (2013) who found that secure attachment with peers would increase self-esteem and social skills in adolescents. When social skills improve, it will be easier for teenagers to solve difficulties by seeking advice or emotional support. This is confirmed by the research of Muntamah and Arianti (2016) who found that increased relationships with peers also indicate that the space for individual social relations has expanded. This condition benefits adolescents because the wider the space for individual social relations, the wider the sources of exploration that can be explored (Muntamah & Arianti, 2016). Based on the description above, previous research found that the attachment of adolescents to their parents and peers has a very important role in the lives of adolescents. Likewise with the optimism of adolescent life which was found to be influenced by parents, environment, and life experiences. However, previous studies have not explained gender differences in parental attachment, peer attachment, and adolescent life optimism. Previous research also has not found a real contribution of parental attachment and peer attachment to adolescent optimism. Therefore, researchers feel the need to conduct this research with the aim of analyzing the influence of adolescent characteristics, family characteristics, parental attachment, and peer attachment to adolescent life optimism.

## METHODS

This study used a cross-sectional study design. The population in this study were selected state high school and state vocational high school students at the research location in Bekasi City. The sample of this research is 256 people selected purposively. The sample criteria in this study were children who had complete parents from the selected school and were at school at the time the research was conducted and were willing to fill out the research questionnaire. The type of data used in this study is primary data. Primary data was obtained from self-report using a questionnaire, including adolescent characteristics (age & sex), family characteristics (father and mother's age, father's and mother's educational level, & family size), parental attachment (trust, communication, and seclusion), peer attachment (trust).

The parent and peer attachment instrument uses the Inventory of Parent and Peer Attachment (IPPA) questionnaire from Armsden and Greenberg (1987) using a Likert scale (1=never, 2=sometimes, 3=often, 4=always) with a total of 25 item statements. The results of the questionnaire reliability test showed Cronbach's alpha 0,885 for mother's attachment; 0.901 for father attachment and 0.893 for peer attachment. Meanwhile, the life optimism of adolescents was measured using the Life Orientation Test Revised (LOT-R) instrument from Scheier, Carver, and Bridges (1994). The number of original statements consisted of 10 items, but after conducting a reliability test it was found that the Cronbach's alpha value for the ten statement items was 0,256 and the option to delete statement items was taken, namely statement numbers 2, 3, 6, 7, 8, and 9 so that 4 items remained. with a choice of answers (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree) and a Cronbach's alpha value of 0,537.

The scoring system on the variables of parental attachment, peer attachment, and adolescent life optimism is summed up from the raw score of the answers in the questionnaire. After that, the index 0-100 will be calculated for each variable and dimension. Categorizing variable dimensions of parental attachment, peer attachment dimensions, and life optimism in descriptive analysis using cut off points: (1) low (0,0-60,0), (2) moderate (60,1-80,0) and (3) high (80,1- 100) (Hardani, 2017). Furthermore, the data were analyzed using descriptive statistics and inference. Analyzes of frequency, mean, standard deviation, and cross tabs were performed for descriptive statistics. The inferential analysis used was: (1) an independent t-test or different test was conducted to see the significance of the difference in the mean and standard deviation between female and male adolescents; (2) the correlation test was used to see the relationship between adolescent characteristics, family characteristics, parental attachment, peer attachment, and adolescent life optimism; and (3) multiple linear regression tests used to determine the effect of adolescent characteristics, family characteristics, parental attachment and peer attachment on adolescent life optimism.

## RESULTS

### Characteristics of Adolescents and Families

Based on the distribution of adolescents, there were 145 female adolescent respondents and 111 male adolescents. The average age of male adolescents was 16,16 years and female adolescents were 16,11 years. The results showed that more than half of the fathers (83,2%) and mothers (64,8%) were in the middle adulthood category with an average age of 46,92 years and 43,38 years. The family size of both adolescent boys and girls was in the small category or less than 4 living under one roof. The majority of education levels of both fathers (38,3%) and mothers (34,8%) were high school graduates.

### Parent-Adolescent Attachment

Attachment can make children think that they have a warm family and can tell every complaint they experience. Attachment between parents and adolescents is an important factor in the formation of adolescent identity. Even at their age, teenagers tend to spend a lot of time with peers. Statistically, there was no significant difference between parental attachment experienced by male and female adolescents. Boys have an average parental attachment score that is almost the same as girls. This shows that the attachment given by parents to male and female adolescents in this study was not significantly different (Table 1).

The results show that the average between dimensions is higher for the trust dimension, both father and mother attachment (Table 1). This is due to the existence of mutual trust between adolescents and their parents. More than half of teenagers said they trusted their parents, felt their parents respected their feelings, felt their parents did a good job as fathers or mothers, their parents cared about their point of view and trusted their judgement, and their parents also understood and accepted them as they were. Furthermore, the results also describe the dimensions of communication whose average value is moderate for mothers and low for fathers (Table 1). This shows that the communication between adolescents and parents is not high intensity. Five out of ten teens say that neither parent can tell when they are upset about something and there is no point in showing feelings to both parents. Seven out of ten teens say that both parents have their own problems, so they don't bother them with theirs. However, seven out of ten adolescents said they wanted to get input from both parents about things they were worried about, both parents helped them to understand themselves better, if both parents asked them about things that bothered them. Meanwhile, the results of the isolation dimension, the average value is low (Table 1). This shows that teenagers do not feel ostracized by their parents. Two-thirds of adolescents say that talking about their problems with their parents does not make them feel ashamed or stupid, feel insecure and irritable around their parents, get a lot of attention from both parents. Half of the teenagers said they were no more upset than their parents knew and chose to remain silent when their parents did not understand what they were experiencing.

The proportion of adolescents who have secure attachment with their fathers and mothers is not much different, which means that adolescents have an equally good emotional bond. In addition, less than one in ten adolescents experience avoidant attachment and ambivalent attachment. However, unidentified attachments accounted for two out of ten adolescents. This happens because teenagers are considered confused in expressing closeness to their parents.

Table 1 Minimum, maximum, mean, and standard deviation of parental attachment

Variable	Male (n=111)		Female (n=145)		p-value
	Min-Max	Mean (SD)	Min-Max	Mean (SD)	
Mother Attachment	43,00-97,00	69,08 (12,09)	25,00-100,00	68,89 (15,68)	0,915
Trust	42,50-100,00	75,63 (12,86)	30,00-100,00	76,24 (15,87)	0,741
Communication	16,67-100,00	62,14 (16,17)	11,11-100,00	63,66 (19,89)	0,512
Exile	0,00-83,33	31,41 (16,99)	0,00-91,67	35,52 (19,79)	0,082
Father Attachment	26,00-95,00	65,88 (14,62)	7,00-98,00	64,41 (16,65)	0,460
Trust	32,50-100,00	73,76 (15,87)	2,50-100,00	72,67 (18,37)	0,619
Communication	8,33-100,00	57,08 (18,47)	0,00-100,00	55,34 (20,74)	0,487
Exile	0,00-100,00	34,12 (20,09)	0,00-95,83	35,60 (19,79)	0,556

Notes: n (Number of respondents); SD (Standard Deviation)

### Peer Attachment

Attached figures in children who are in their teens can increase along with the intensity of time spent interacting or communicating with non-family environments. It is undeniable, teenagers will form friendships with peers so that it can lead to attachment. Trust refers to the existence of feelings of security and confidence with peers. Communication refers to the range of quality of communication with peers.

Furthermore, alienation refers to anger towards emotional neglect from peers. The results show that the average peer attachment level is moderate and the mean between dimensions is greatest in the trust dimension (Table 2). This shows that there is a mutual sense of security between adolescents and their peers.

Table 2 Minimum, maximum, mean, and standard deviation of people's attachment

Variable	Male (n=111)		Female (n=145)		p-value
	Min-Max	Mean (SD)	Min-Max	Mean (SD)	
Mother Attachment	43,00-97,00	69,08 (12,09)	25,00-100,00	68,89 (15,68)	0,915
Trust	42,50-100,00	75,63 (12,86)	30,00-100,00	76,24 (15,87)	0,741
Communication	16,67-100,00	62,14 (16,17)	11,11-100,00	63,66 (19,89)	0,512
Exile	0,00-83,33	31,41 (16,99)	0,00-91,67	35,52 (19,79)	0,082
Father Attachment	26,00-95,00	65,88 (14,62)	7,00-98,00	64,41 (16,65)	0,460
Trust	32,50-100,00	73,76 (15,87)	2,50-100,00	72,67 (18,37)	0,619
Communication	8,33-100,00	57,08 (18,47)	0,00-100,00	55,34 (20,74)	0,487
Exile	0,00-100,00	34,12 (20,09)	0,00-95,83	35,60 (19,79)	0,556

Notes: n (Number of respondents); SD (Standard Deviation)

Meanwhile, the results also show that the average peer attachment level is moderate (62,18%). Adolescent boys (59,16%) have an average score of peer attachment lower than female adolescents (64,49%). This shows that girls are easier to get close to and feel comfortable with their peers. It is naturally known that women prefer to solve problems by sharing their worries with their environment, in contrast to men who prefer to keep things to themselves.

In addition, the results also show that the mean between dimensions is greatest in the dimension of trust (65,32%). This shows that there is a mutual sense of security between adolescents and their peers. Seven out of ten adolescents said their friends accept them as they are, feel their friends are good friends, their friends are easy to talk to, when they are angry, their friends try to understand, they trust their friends, their friends respect their feelings. Furthermore, six out of ten youth stated that their friends understood them, their friends listened to what they had to say. Half of teenagers said they could rely on their friends when something was weighing on them. However, teenagers also wish to have different friends which is expressed by seven out of ten teenagers. This is why the dimension of trust cannot have a relatively high average. Furthermore, the communication dimension has a relatively low average (58,57%) even though it is almost close to being. This shows that the communication formed between adolescents and their peers has a small quantity or intensity. Meanwhile, the dimension of seclusion shows a relatively low average (38,19%). This shows that there is no avoidance or exclusion between adolescents and their peers. Six out of ten adolescents said that talking about problems with their friends made them not feel ashamed and stupid, they did not feel alone or separated when they were with their friends, they felt the need to have frequent contact with their friends, they did not feel angry at their friends, their friends were not annoyed without reason. Furthermore, adolescents revealed that their relationship with their peers was normal or did not matter when their friends did not understand what they were experiencing recently, when they were more upset than their friends knew.

Six out of ten adolescents have secure attachments with their peers. This shows that good relations are established between adolescents and their peers. In addition, less than one in ten adolescents experience avoidant attachment and ambivalent attachment. However, unidentified attachments accounted for three out of ten adolescents. This happens because there are some teenagers who are still hesitant to trust their peers.

### Life Optimism

Based on Table 3, it is known that the average adolescent optimism is in the medium category (78,91). In this study, more than half of male adolescents (55,9%) and female adolescents (54,5%) had good or high category of life optimism. In general, five out of ten teenagers (55,1%) have optimism in the high category, three out of ten teenagers (35,9%) have good enough optimism for life or in the moderate category. Furthermore, only one in ten teenagers (9,0%) have poor life optimism or a low category. Table 3 shows that the average life optimism index value between young men and young women is almost the same. This explains that there is no significant difference between optimism in male and female adolescents.

Table 3 Minimum, maximum, average and standard deviation values of life optimism

Variable	Male (n=111)	Female (n=145)	Total (n=256)
Life Optimism	79,5 (15,17)	78,41 (13,27)	78,91 (14,11)
Min-Max	31,3-100	31,3-100	31,3-100
P-value		0,517	

Note: n (Number of respondents)

### Relationship between Adolescent Characteristics, Family Characteristics, Parental Attachment, Peer Attachment and Adolescent Life Optimism

The results of the correlation test in Table 4, gender has a significant positive relationship with peer attachment. This indicates that female adolescents have higher peer attachment than male adolescents. In addition, maternal age has a significant positive relationship ( $p < 0,05$ ) with peer attachment. This means that the higher the age of the mother, the higher the attachment to peers. Furthermore, maternal attachment, father attachment, and peer attachment have a relationship with each other. Mother's attachment had a very close relationship ( $p < 0,01$ ) with father's attachment. This means that the higher the mother's attachment, the higher the father's attachment. Peer attachment also has a significant positive relationship with maternal attachment and father attachment. This shows that the higher the peer attachment, the higher the mother's and father's attachment. In addition, maternal attachment, father attachment, and peer attachment had a significant positive relationship ( $p < 0,01$ ) with life optimism. This can be interpreted that the higher the attachment of mothers, fathers and peers, the higher the optimism of adolescent life.

Table 4 Correlation coefficients of independent variables on parental attachment, and peer attachment life optimism

Variables	Attachment			Life Optimism
	Mother	Father	Peer	
Gender (0=male; 1=female)	0,009	-0,044	<b>0,196**</b>	-0,056
Adolescent age	0,033	0,013	0,058	0,330
Father's age	-0,038	-0,077	0,073	-0,036
Father's education (0<SMA, 1≥SMA)	-0,003	0,010	0,102	-0,065
Mother's age	-0,080	-0,053	<b>0,141*</b>	-0,027
Mother's education (0<SMA, 1≥SMA)	-0,104	-0,074	-0,028	0,016
Family size	-0,026	0	0,005	-0,090
Mother attachment	1	<b>0,613**</b>	<b>0,403**</b>	<b>0,275**</b>
Father attachment	-	1	<b>0,407**</b>	<b>0,278**</b>
Peer attachment	-	-	1	<b>0,315**</b>

Note: \*significant at  $p < 0,05$ ; \*\*significant at  $p < 0,01$

### The Effect of Adolescent Characteristics, Family Characteristics, Parental Attachment and Peer Attachment on Adolescent Life Optimism

Analysis of factors that affect the life optimism of adolescents is analyzed by conducting multiple linear regression testing which is divided into two models. This was done because there was a strong relationship (multicollinearity) between the variables of father's attachment and mother's attachment variable ( $r = 0,613$ ,  $p < 0,01$ ). The first model was developed to examine the effect of adolescent characteristics, family characteristics, maternal attachment, and peer attachment on life optimism. Meanwhile, the second model is to test the characteristics of adolescents, family characteristics, father's attachment to the optimism of adolescent life.

Based on the results of the regression test in the first model (Table 5) the value of the coefficient of determination (Adjusted  $R^2$ ) is 0,099 which means that 9,9 percent of the variables tested affect the optimism of adolescent life (Table 5). However, of all the variable characteristics of adolescents and families, none has a significant effect on the optimism of adolescent life. In contrast, the test results on the variables mother attachment ( $B = 0,143$ ,  $\alpha = 0,029$ ) and peer attachment ( $B = 0,248$ ,  $\alpha = 0,000$ ) became variables that had a more direct effect on adolescent life optimism.

Table 5 The results of the first and second model regression test for independent variables on life optimism

Variables	Coefficients are not standardized	Standardized coefficients	Sig.
	B	$\beta$	
Mother's Model (First Model)			
Adolescent age (year)	-2,896	-0,096	0,109
Mother's age (year)	-0,149	-0,059	0,332
Family size	-0,795	-0,057	0,342
Mother's attachment	0,143	0,144	<b>0,029</b>
Peer attachment	0,248	0,241	<b>0,000</b>
R <sup>2</sup>		0,117	
Adjusted R <sup>2</sup>		0,099	
F		6,601	
Sig.		<b>0,000</b>	
Father's Model (Second Model)			
Adolescent age (year)	-2,704	-0,089	0,135
Father's age (year)	-0,044	-0,019	0,705
Family size	-0,917	-0,066	0,275
Father attachment	0,134	0,150	<b>0,023</b>
Peer attachment	0,236	0,229	<b>0,001</b>
R <sup>2</sup>		0,113	
Adjusted R <sup>2</sup>		0,095	
F		6,381	
Sig.		<b>0,000</b>	

Note: \*significant at  $p < 0,05$ ; \*\*significant at  $p < 0,01$

Multiple regression tests performed on the second model (Table 5) show that the two variables, namely father attachment ( $B=0,134$ ,  $\alpha= 0,023$ ) and peer attachment ( $B= 0,236$ ,  $\alpha= 0,001$ ) are important indicators of adolescent character with a coefficient of determination (Adjusted R<sup>2</sup>) of 0,095 or 9,5 percent. Based on this, it can be seen that the effect of the first model is higher than the second model.

## DISCUSSION

Optimism in life is something that is important for everyone to have because it will build persistence to always carry out normal activities, full of enthusiasm, and good for oneself. Individuals who are able to accept themselves will be followed by an optimistic attitude in facing the future (Aidina, Nisa, & Sulistyani, 2013). Daraei and Ghaderi (2012) explained that optimism is a component of positive psychology that is associated with positive emotions and positive behavior that lead to healthy, stress-free life, good social relationships. Adolescents' life optimism in this study was good, overall adolescents were in the category of moderate and high life optimism. This is shown by the distribution of teenagers who are in the medium category  $\epsilon$  and in the high category. This is in line with Rini and Siswati's research (2017) which found that 58,82 percent of the inmates who became auxiliary workers at Class II A Women's Prison in Semarang were in the high optimism category. Seligman (2006) describes optimistic people as successful people, at school, in the field, and at work. Optimistic individuals explore and make the best use of their talents (Seligman, 2006).

McGinnis (1995) explains that an optimistic person will not spend much time befriending negative people. People with inner optimism know that to keep their batteries charged, they must associate with enthusiastic individuals (McGinnis, 1995). This shows that optimism in life is not only based on internal stimuli but also from the outside or the surrounding environment. In line with the results of this study, the results of the correlation test show that maternal attachment, father attachment, and peer attachment are significantly related to life optimism- Maternal attachment has a significant positive relationship with life optimism which means that adolescents who have high maternal attachment tend to have high life optimism. This is in line with McGinnis (1995) who found that General Electric companies, which are included in the number ten largest industrial companies in the world, are led by someone who is optimistic about the future based on the instilled principles and character of his mother. Furthermore, father attachment has a significant positive relationship with life optimism which means that adolescents who have high father attachment tend to have high life optimism. This is in line with research by Seligman (2006) which explains that children's minds are constantly directed to the way their parents talk about emotional events. Children try to match their style with that of their caregivers (Seligman, 2006). Likewise, peer attachment has a significant positive

relationship with life optimism, which means that adolescents who have high attachment to their peers tend to have high life optimism. This is in accordance with the findings of McGinnis (1995) explaining that optimistic people like to exchange good news with their colleagues, people with high motivation need to compete shoulder to shoulder with other people like that to be able to operate at the highest level. They like to talk about each other's progress and congratulate each other (McGinnis, 1995).

McGinnis (1995) states that optimists love many things with passion and above all they love their fellow human beings, they respond enthusiastically to children, have close relationships with their families, pay attention to people who are in trouble, they touch things and making love mean a lot. This shows that people who are optimistic will increase the closeness of their relationship with their surroundings. This study found that the results of the regression test showed that all attachments had a significant positive effect on life optimism. Maternal attachment had a significant positive effect on optimism, which means that every increase of one unit of maternal attachment index score would increase the life optimism index score. In line with Seligman (2006) explains that the way mothers talk about the world has a big influence on how children give explanations. The level of optimism of the mother and the child is very similar (Seligman, 2006). Father attachment had a significant positive effect on life optimism, meaning that every increase of one unit of father attachment index score would increase the life optimism index score. This is in line with the findings of Seligman (2006) that children catch every word of the explanation's parents give if there are mistakes. Children not only listen to part of the speech, but they listen to the form of explanation of their parents with great interest. This shows that when children feel comfortable with their attachment figures, they will actually make them as role models in the lives of adolescents. Furthermore, peer attachment has a significant and consistent positive effect on life optimism which means that each increase in the peer attachment index score will increase the optimism index score according to its beta value. This is in line with research conducted at Syracuse University (in McGinnis, 1995) which found that people who often visit friends and neighbors are more likely to have better health habits than those who spend little time with other people. This is also in line with research by Berkman and Syme (1979) which found that people with weak social relationships have death rates two to five times higher than those with strong social ties.

The limitations of this study are that the instrument for measuring the life optimism variable does not meet the standard reliability values of social research, data collection is only carried out in urban areas so that it cannot comprehensively describe the condition of life optimism among adolescents across Indonesia. This research also did not involve respondents who had just entered their early teens or when viewed from the level of education, namely junior high school youth. This study only conducted different tests based on gender, not yet conducting different tests of respondents based on school.

## CONCLUSIONS AND SUGGESTIONS

This study was dominated by 145 female adolescents compared to 111 male adolescents. The average age of teenagers in the study was 16 years. The middle adult category dominates the age of teenage parents. In addition, the education of the majority of teenagers' parents has completed high school level education or its equivalent. The majority of adolescents come from small families (<4 people). The majority of maternal attachment, father attachment, and peer attachment are in the secure attachment category. In general, there is no difference in the attachment of mothers and fathers and their dimensions in male and female adolescents. This can be seen through the average value which is not much different. However, peer attachment and its dimensions show that there are differences in attachment between boys and girls. Teenage girls tend to have better peer attachment than boys. In addition, the majority of adolescents' life optimism is in the high category. There is no difference in life optimism between boys and girls. This study found that maternal attachment, father attachment, and peer attachment had a very significant positive relationship with life optimism. Meanwhile, maternal attachment, father attachment, peer attachment also have a significant influence on life optimism if different by gender, have not done a different test of respondents by school.

Parents also need to continue to improve emotional relationships with adolescents, such as listening to adolescent complaints, adolescent hopes and expectations so that adolescent self-confidence always develops. Apart from that, parents should also direct their teenagers in friendship and social relations, such as emphasizing religious principles and family values as the foundation. Teenagers also need to constantly increase positive thoughts by participating in productive activities such as organizations, communities or studies that will hone their skills in living life. In addition, counseling guidance in every school also needs to increase its role and function to truly become a child's best friend who is ready to assist children in facing the task of growth and development.



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