

THE EFFECT OF PARENT-ADOLESCENT ATTACHMENT AND SIBLING RELATIONSHIP ON DECISION MAKING ABILITY

Kingkin Nandini, Diah Krisnatuti^{*)}

Departement of Family and Consumer Sciences, Faculty of Human Ecology,
IPB University, Dramaga, Bogor 16680, Indonesia

^{*)Email: krisnatuti@apps.ipb.ac.id}

Abstract

Decision-making skills are one of the developmental tasks that adolescent need to require. Several factors that can influence adolescent decision-making abilities can come from parents and siblings. The aim of the research is to analyze the relationship and effect of parent-adolescent attachment and sibling relationship on decision-making abilities. This research uses quantitative methods with purposive sampling techniques and data collection is used by distributing questionnaires via the Google Form tool. This research involved 100 adolescents who had complete parents, siblings (older), and participated in school organizational activities in the city of Bogor. Adolescents' decision-making abilities are in the medium category, adolescents' attachment to their parents is in the medium category while interactions between siblings and older siblings are in the low category. Different test results show that boys have tend more impulsive decisions than girls. The results of the effect test show a positive influence on older sibling's age, older sibling status, and parent-adolescent attachment, while birth distance and extended family have a negative effect on adolescent decision-making ability. This means that adolescent who have older siblings, have older siblings who are at school or work, who closer the birth distance, the fewer family members, and the higher the parent-adolescent closeness will increase the adolescent's decision-making ability.

Keywords: adolescence, decision making styles, parent, sibling

PENGARUH KELEKATAN ORANG TUA-REMAJA DAN INTERAKSI SAUDARA KANDUNG TERHADAP KEMAMPUAN PENGAMBILAN KEPUTUSAN

Abstrak

Keterampilan mengambil keputusan merupakan salah satu tugas perkembangan yang perlu dikuasai remaja. Beberapa faktor yang dapat mempengaruhi kemampuan pengambilan keputusan remaja dapat berasal dari orang tua dan saudara kandung. Tujuan penelitian untuk menganalisis hubungan dan pengaruh kelekatan orang tua dengan remaja dan interaksi saudara kandung terhadap kemampuan pengambilan keputusan. Penelitian ini menggunakan metode kuantitatif dengan teknik pengambilan *purposive sampling* dan pengambilan data digunakan dengan penyebaran kuesioner melalui perangkat *google form*. Penelitian ini melibatkan sebanyak 100 remaja yang memiliki orang tua lengkap, memiliki saudara kandung (kakak), dan mengikuti kegiatan keorganisasian sekolah di Kota Bogor. Kemampuan pengambilan keputusan remaja berada pada kategori sedang, kelekatan remaja dengan orang tuanya berada pada kategori sedang sementara interaksi saudara kandung dengan kakak pada kategori rendah. Hasil uji beda menunjukkan laki-laki memiliki kemampuan pengambilan keputusan lebih impulsif dibandingkan perempuan. Hasil uji pengaruh menunjukkan pengaruh positif usia kakak, status kakak, dan kelekatan orang tua-remaja sedangkan jarak kelahiran dan besar keluarga berpengaruh negatif terhadap kemampuan pengambilan keputusan remaja. Artinya remaja yang memiliki kakak yg semakin tua usianya, yang sedang sekolah atau bekerja, yang semakin dekat jarak kelahirannya, yang semakin sedikit anggota keluarganya, dan semakin tinggi kelekatan orang tua-remaja akan meningkatkan kemampuan pengambilan keputusan remaja.

Kata kunci: kemampuan pengambilan keputusan, orang tua, remaja, saudara kandung

INTRODUCTION

One of the critical developmental tasks during adolescence is the acquisition of decision-making skills. Santrock (2012) underscores that adolescents face pivotal decisions such as choosing partners, forming friendships, and planning careers. Pellerone (2015) further elaborates that a significant portion of high school students tends to focus on singular solutions without considering alternatives, often deferring to choices suggested by others when confronted with challenges. In the context of Indonesia, a survey by Databoks revealed that 41% of Gen Z workers would opt for unemployment rather than enduring workplace dissatisfaction (Annur, 2022). Another survey indicated that 16.1% of young adults seldom take religious considerations into account when making life decisions (Jayani, 2021). Presently, adolescents demonstrate decision-making tendencies that prioritize short-term gains over effective problem-solving (Blakemore & Robbins, 2012; Crone & Dahl, 2012; Hansen et al., 2014; Shulman & Cauffman, 2014; Terav & Keltikangas-järvinen, 1998).

Meta-cognitive abilities, such as autonomous decision-making, are closely linked to the supportive environment provided by the family (Karsli, 2015). Families play a pivotal role in creating conducive environments for their members to develop across various domains—physical, psychological, social, and emotional (Dai et al. in Herawati et al., 2020)—including guiding adolescents in their decision-making processes. Moreover, Prasetyo et al. (2022) found that stronger secure attachments are associated with higher career decision-making efficacy among 12th-grade students in Semarang. Attachment patterns are influenced by factors such as age, gender, and parental employment status (Gullone & Robinson, 2005; Pranadji & Putri, 2012). Higher socioeconomic status, including parental education and income, correlates positively with meta-cognitive abilities related to decision-making and problem-solving (Karsli, 2015).

In addition to parental influences, siblings play a crucial role in an adolescent's life, second only to parents (Buhrmester & Furman, 1990). Close sibling relationships during adolescence offer protection against depression and foster positive adaptation, particularly for females (Kim et al., 2007; McHale et al., 1999). The quality of sibling interactions is shaped by the parent-child relationship, as behavioral patterns acquired from parents are often mirrored in sibling interactions and peer relationships (Alekseeva et al., 2014). Moreover, factors such as gender, age spacing, birth order, and family size significantly impact sibling dynamics (Alekseeva et al., 2014; Buhrmester & Furman, 1990; Santrock, 2003). As primary socializers, sibling relationships provide a natural context for learning to develop relationships with peers, understanding others' perspectives and emotions, and honing skills such as problem-solving and conflict resolution (Soysal, 2016).

This research underscores the significant influence of both parents and siblings on adolescent decision-making processes. Bolat & Odaci (2017) posit that stronger attachment security enhances career decision-making self-efficacy. Schultheiss et al. (2002) assert that siblings contribute significantly to career exploration and decision-making by serving as crucial sources of social support and role models. Additionally, gender differences in decision-making styles have been noted, with studies revealing distinct relationships between values and decision-making approaches across genders (Gallego et al., 2020). Consequently, this study aims to: 1) differentiate between the decision-making abilities of male and female adolescents based on their individual characteristics and family dynamics (including parent-adolescent attachment and sibling interactions); 2) explore the relationships among these factors and decision-making abilities in adolescents; 3) investigate the impact of parent-adolescent attachment and sibling interactions on adolescent decision-making processes.

This study addresses several gaps in existing research on adolescent development and decision-making. Previous studies have predominantly focused on individual factors influencing decision-making, such as cognitive development and peer influence, but have often overlooked the significant roles played by family dynamics, including parent-adolescent attachment and sibling interactions (Buhrmester & Furman, 1990; Santrock, 2003). By integrating these familial influences into the analysis, this research offers a more comprehensive understanding of how family environments shape adolescent decision-making processes.

Furthermore, the novelty of this study lies in its comprehensive exploration of the interplay between parental attachment, sibling interactions, and decision-making abilities among adolescents. Most studies have examined these factors in isolation or within limited contexts, whereas this research adopts a holistic approach to examine their combined effects on decision-making efficacy.

The potential benefits of this research are manifold. First, by elucidating the roles of parents and siblings in adolescent decision-making, this study can inform family interventions aimed at enhancing decision-making skills among adolescents. Second, the findings can contribute to educational and counseling practices by highlighting the importance of familial support structures in fostering effective decision-making strategies.

during adolescence. Finally, understanding these dynamics can aid policymakers in developing targeted interventions to support healthy adolescent development within family contexts.

In conclusion, this study not only contributes to theoretical advancements in understanding adolescent decision-making but also offers practical insights that can positively impact family dynamics, educational practices, and policy initiatives aimed at promoting adolescent well-being and development.

METHOD

This cross-sectional study was conducted in high schools located in Bogor, chosen for its prominence as the fourth-largest city in terms of senior high school student population in West Java Province (Badan Pusat Statistik, 2022). The research targeted senior high school students who were actively or previously engaged in school organizations within Bogor. The selection criteria specified participants from intact families with at least one older sibling and who had been involved in school organizational activities.

The study employed a questionnaire consisting of 83 items, designed to explore various dimensions such as individual characteristics, family dynamics, parental attachment, sibling interactions, and the decision-making patterns of adolescents. To assess parental attachment, the researchers adapted the Inventory of Parent and Peer Attachment-Revised developed by Gullone and Robinson (2005), modifying it to include 21 statements relevant to the study context. Sibling interactions were evaluated using the Sibling Relationship questionnaire developed by Buhrmester and Furman (1990), which was also adjusted by the researchers to incorporate 25 pertinent statements. The assessment of adolescent decision-making abilities utilized the Adolescent Decision-Making Questionnaire developed by Tuinstra et al. (2000), customized by the researchers to include 16 statements reflective of decision-making processes in adolescent contexts.

Data processing involved several steps using tools such as Microsoft Excel for initial data entry and the Statistical Package for the Social Sciences (SPSS) for comprehensive data analysis. The data underwent meticulous editing, coding, and scoring to ensure accuracy and reliability. Descriptive statistical analyses were performed to compute means and standard deviations, providing insights into the central tendencies and variability of the data. Categorical analysis utilized predefined cut-off points: scores below 60 indicating low levels, scores between 60 and 80 indicating moderate levels, and scores of 80 or above indicating high levels of the measured constructs (Puspitawati & Herawati, 2013).

This methodological approach facilitated a robust investigation into the intricate dynamics of adolescent decision-making, underpinned by familial influences and school-based organizational engagements in the educational setting of Bogor.

RESULTS

Characteristics of Adolescents and Families

Based on the findings presented in Table 1, this study involved 100 adolescents from selected high schools in Bogor, where females constituted the majority at 58%. The average age of the participants was 16 years old, indicating a typical cohort in mid-adolescence. Nearly two-thirds of the adolescents were the youngest siblings in their families, suggesting potential influences of birth order dynamics on their development. The parents, on average, were in their middle adulthood phase, with mothers averaging 48 years and fathers 51 years old. Both parents had an average educational attainment of 14 years, reflecting completion of high school education.

The average age of older siblings was 21 years, with a predominance of male siblings. The birth interval among siblings was relatively distant for more than half of the adolescents, averaging around 5 years. Educational attainment among older siblings averaged 13 years, with a significant proportion (65,3%) currently pursuing higher education. The majority of families fell into the moderate-sized category, typically comprising 5 to 7 members.

Description of Variables

Examining the attachment between parents and adolescents, the study found an overall mean attachment index of 65,91 for males and 66,83 for females. Both genders displayed higher levels of attachment in the trust dimension and lower levels in alienation, indicating a generally secure attachment style with parents. Notably, there were no significant differences in parent-adolescent attachment between males and females.

Sibling interactions were characterized by a mean interaction index of 58,85 for males and 58,87 for females. Dimensions such as warmth, dominance, conflict, and rivalry were explored, with warmth scoring the highest and conflict the lowest across both genders. Similar to parent-adolescent attachment, no significant

gender differences were found in sibling interactions, suggesting consistent relational dynamics within sibling pairs regardless of gender.

In terms of decision-making abilities, the study revealed a mean decision-making index of 63,79 for males and 58,87 for females. Dimensions assessed included avoidance, confidence, panic, and impulsivity. Confidence emerged as the strongest factor influencing decision-making across both genders, while impulsivity showed significant gender differences. Male adolescents exhibited higher levels of impulsivity in decision-making compared to their female counterparts, highlighting a potential area of developmental focus.

These findings contribute to understanding adolescent development within familial contexts, emphasizing the roles of attachment, sibling dynamics, and decision-making abilities. The study underscores the importance of familial influences in shaping adolescents' socioemotional development and provides insights into potential gender-specific patterns in decision-making processes (Table 1).

Table 1 Categories of research variables

Dimensions	Male						Female					
	Low		Medium		Low		Medium		Low		Medium	
	n	%	n	%	n	%	n	%	n	%	n	%
Parent-adolescent attachment	15	35,7	17	40,5	10	23,8	20	34,5	26	44,8	12	20,7
Mean ± SD	65,91 ± 17,27						66,83 ± 16,27					
Sig. (2-tailed)							0,786					
Sibling interaction	21	50,0	16	38,1	5	11,9	29	50,0	27	46,6	2	3,4
Mean ± SD	58,85 ± 15,78						58,87 ± 13,89					
Sig. (2-tailed)							0,996					
Decision-making ability	15	35,7	22	52,4	5	11,9	24	41,4	30	51,7	4	6,9
Mean ± SD	63,79 ± 14,73						63,04 ± 12,61					
Sig. (2-tailed)							0,785					

Correlation Test

Based on the research findings, there is a significant positive correlation between family characteristics such as the age of older siblings and the birth interval with sibling interactions. Specifically, as the age of the older sibling increases and the birth interval widens, sibling interactions tend to increase. This suggests that older siblings play a more active role in sibling dynamics when they are older and when there is a larger age gap between siblings.

However, the study did not find any significant correlation between family characteristics and decision-making abilities. This implies that factors such as parental age, educational background, or family size do not directly correlate with adolescents' decision-making capabilities in this study.

These results underscore the importance of sibling dynamics influenced by age and birth interval in shaping interpersonal interactions among siblings during adolescence. Meanwhile, they suggest that other factors beyond family characteristics may play a more prominent role in influencing adolescents' decision-making processes, warranting further investigation into additional variables that could impact decision-making abilities (Table 2).

Table 2 Analysis of the association of characteristics with parent-adolescent attachment, sibling interaction, and decision-making ability

Variables	Parent-adolescent attachment	Sibling interaction	Decision-making ability
Characteristics of adolescents			
Age (years)	-0,391	-0,147	-0,246
Gender (0=male; 1=female)	0,786	0,996	-0,785
Birth order (0=not the youngest; 1=the youngest)	-0,513	0,528	0,691
Family characteristics			
Mother's age (years)	0,859	0,243	-0,580
Mother's years of education (years)	0,678	-0,112	-0,680
Mother's employment status (0=not working; 1=working)	-0,498	-0,089	0,648

Table 2 Analysis of the association of characteristics with parent-adolescent attachment, sibling interaction, and decision-making ability (continue)

Variables	Parent-adolescent attachment	Sibling interaction	Decision-making ability
Father's age (years)	0,559	0,068	-0,821
Father's years of education (years)	0,894	-0,434	0,963
Father's employment status (0=not working; 1=working)	0,556	-0,940	0,327
Age of older sibling (years)	0,784	0,021*	-0,778
Gender of older sibling (0=male; 1=female)	-0,429	-0,908	-0,470
Older brother's years of education (years)	-0,882	0,131	0,585
Status of older sibling (0=neither; 1=working)	-0,872	-0,795	-0,178
Birth distance (years)	0,432	0,010**	0,657
Family size (people)	0,515	-0,975	-0,232

**significant at 0,01 level; *significant at 0,05 level

Based on Table 3, the results indicate significant relationships between parent-adolescent attachment and decision-making abilities. Across all dimensions of parent-adolescent attachment, there is a significant positive correlation with decision-making abilities, except for the dimension of alienation. This suggests that stronger parent-adolescent attachment is associated with better decision-making abilities in adolescents. Specifically, greater trust, communication, and closeness between parents and adolescents contribute positively to adolescents' decision-making skills.

Furthermore, the study found a positive relationship between sibling interaction and decision-making abilities, specifically noting that the dimension of competition has a negative correlation while conflict shows a significant negative correlation. This indicates that more frequent sibling interactions, characterized by warmth and cooperation, are associated with improved decision-making skills in adolescents.

These findings underscore the importance of familial relationships, both with parents and siblings, in shaping adolescents' abilities to make decisions effectively. Strengthening these familial bonds may contribute positively to adolescents' developmental outcomes, including their decision-making capabilities.

Table 3 Analysis of the relationship between parent-adolescent attachment and sibling interaction with decision-making ability

Variables	Decision-making ability
Parent-adolescent attachment	0,005**
Trust	0,031*
Communication	0,011*
Alienation	-0,023*
Sibling interaction	0,020*
Warmth	0,364
Power	0,171
Conflict	-0,023*
Competition	0,021*

Regression Test

The regression analysis conducted in this study employed the backward method, a systematic approach where variables are progressively eliminated based on their contribution to the regression model (Samosir et al., 2014). Through this method, several variables such as birth order, father's age, father's education duration, sibling interaction, and sibling rivalry were found to be non-significant predictors of adolescent decision-making abilities and were therefore excluded from the final model.

The obtained significance value was 0,048 ($p < 0,05$), indicating a statistically significant relationship between the remaining variables and adolescent decision-making abilities. The Adjusted R-square value of 0.101 suggests that approximately 10.1% of the variance in decision-making abilities among adolescents can be explained by the variables studied in this research—adolescent characteristics, family dynamics, and

parent-adolescent attachment. Notably, the remaining 90,4% of the variance is influenced by factors not examined in this study, highlighting the complexity of factors impacting adolescent decision-making.

These findings underscore the importance of considering a broad array of factors beyond those studied here to comprehensively understand and support adolescents in their decision-making processes. Future research could delve deeper into these unexplored variables to enrich our understanding and enhance interventions aimed at promoting healthy decision-making among adolescents.

Table 4 Regression analysis of the effect of parent-adolescent characteristics and attachment on decision-making ability

Variables	Unstandardised coefficient (B)	Standardised coefficient (β)	Sig (2-tailed)
Constant	87,060		0,021*
Characteristics of adolescents			
Age (years)	-3,581	-0,178	0,108
Gender (0=male; 1=female)	-2,083	-0,077	0,450
Family characteristics			
Mother's age (years)	-0,232	-0,092	0,423
Mother's years of education (years)	-0,760	-0,149	0,196
Mother's employment status (0=not working; 1=working)	4,172	0,151	0,180
Father's employment status (0=not working; 1=working)	-3,825	-0,086	0,465
Age of older sibling (years)	2,761	0,606	0,041*
Gender of older sibling (0=male; 1=female)	-3,107	-0,114	0,269
Status of older sibling (0=neither; 1=School/work)	15,664	0,255	0,022*
Birth distance (years)	-2,890	-0,635	0,030*
Family size (people)	-3,260	-0,228	0,027*
Parent-adolescent attachment	0,267	0,330	0,001**
F		1,877	
Adjusted R Square		0,096	
R Square		0,206	
Sig, (2-tailed)		0,048*	

**significant at 0,01 level; *significant at 0,05 level

Based on the influence analysis, several key findings emerged regarding the factors impacting adolescent decision-making abilities. The data revealed that the age of siblings and their employment status significantly positively influence adolescent decision-making. This implies that older siblings who are either in school or employed contribute positively to enhancing adolescents' decision-making abilities. Conversely, the distance in age between siblings and larger family size were found to have a significant negative impact on adolescent decision-making. This suggests that for each unit increase in age gap and family size, there is a corresponding decrease in adolescents' decision-making abilities.

Furthermore, the study highlighted that parent-adolescent attachment significantly positively influences adolescent decision-making abilities. This means that stronger parent-adolescent attachment enhances adolescents' decision-making skills. In summary, this research underscores that adolescents with older siblings who are actively pursuing education or employed, closer age gaps with siblings, smaller family sizes, and stronger parent-adolescent attachments tend to exhibit improved decision-making abilities. These findings emphasize the complex interplay of family dynamics and relationships in shaping adolescent development, particularly in the critical domain of decision-making.

DISCUSSION

The data analysis underscores that trust emerges as the predominant dimension of parent-adolescent attachment, showing the highest mean values for both males and females. According to Laumi and Adiyanti (2012), trust develops primarily from consistent parental availability and support whenever the child seeks parental assistance. The study further reveals that a majority of parents actively engage by listening attentively, understanding, empathizing, accepting, and fulfilling their roles effectively with their adolescent children. These findings contrast with Liu and Wang's (2021) research, which found no discernible gender

differences in parent-child attachment. This suggests that irrespective of gender, adolescents exhibit comparable levels of attachment to their parents, possibly due to supportive family environments that cultivate strong attachment bonds and encourage the development of similar character traits across genders.

Regarding sibling interaction, the study reveals that approximately half of the adolescents, irrespective of gender, are categorized as having low levels of interaction with their siblings. Compared to younger children, adolescents tend to experience reduced levels of intimacy, camaraderie, and affection with their brothers and sisters (Buhrmester & Furman, 1990). Fitriani and Hastuti's (2016) findings further indicate that a significant majority of adolescents spend more than 6 hours daily with their peers, suggesting a prioritization of peer relationships over sibling interactions during adolescence. This diminished sibling interaction may be attributed to adolescents' increased engagement with friends rather than siblings during this developmental stage. The study also establishes a correlation between the age gap among siblings and the quality of their interaction. This correlation is consistent with Minnett et al.'s (1983) research, which found that older siblings, especially those who are three to four years older, often exhibit positive behaviors such as mentoring and teaching their younger siblings, whereas closer-aged siblings tend to experience more frequent conflicts and aggression.

In terms of decision-making ability, the research underscores that a minority of adolescents demonstrate high-level decision-making skills. This study defines positive decision-making as encompassing traits such as robust self-confidence, the capacity to approach situations with composure, and thorough deliberation in the decision-making process. Significant gender differences were observed in impulsive decision-making, with males displaying greater impulsivity compared to females, consistent with findings by Tuinstra et al. (2000), who noted a tendency for males to exhibit more impulsive behavior.

The influence analysis highlights several factors that positively impact adolescent decision-making abilities. Older siblings' age was found to positively correlate with these abilities, as demonstrated in Dunn et al.'s (1999) research, which revealed that negative attitudes toward younger siblings tend to diminish as the older sibling matures. Moreover, siblings who are pursuing education or engaged in work significantly influence their younger siblings' decision-making capabilities, as proposed by Alekseeva et al. (2014). Older siblings who excel academically serve as role models and provide support, thereby enhancing their younger siblings' academic pursuits. Closer age gaps between siblings were also identified as a factor that enhances decision-making skills, contrasting with Buist et al.'s (2013) contention that closer age gaps often lead to increased conflicts among siblings.

Conversely, larger family sizes were found to have a negative impact on adolescents' decision-making abilities, suggesting that larger families may face challenges in providing adequate parental resources, which could potentially hinder children's intellectual development (Downey, 2001). Building on these findings, the study emphasizes that parent-adolescent attachment plays a pivotal role in fostering enhanced decision-making capabilities among adolescents. Quality time spent together with parents or other family members is crucial for the metacognitive development of adolescents, as highlighted by Brown et al. (1990, cited in Karsli, 2015). These insights underscore the multifaceted influences within family dynamics that shape adolescents' decision-making skills and underscore the importance of supportive familial environments in facilitating positive developmental outcomes.

These findings suggest several implications for practice and future research. First, encouraging parental involvement and support can foster trust and positively impact adolescents' decision-making abilities. Second, promoting positive sibling interactions and reducing age-related gaps could enhance adolescents' social development and decision-making skills. Third, understanding gender differences in decision-making processes can help tailor interventions and support strategies accordingly. Lastly, recognizing the impact of family size on decision-making abilities can inform family planning and support initiatives.

Despite the insights gained, this study has several limitations. The findings are limited to adolescents in specific socio-cultural contexts and may not generalize to other populations. Self-report measures and subjective interpretations of attachment and decision-making may introduce biases. The cross-sectional design limits establishing causal relationships between variables. Furthermore, the sample predominantly from one geographical area limits diversity and may not represent broader populations. Future research should address these limitations by employing longitudinal designs, diverse samples, and objective measures to further explore the complex dynamics of family influences on adolescent development and decision-making.

CONCLUSIONS AND SUGGESTIONS

This study involved 100 adolescent students, predominantly females (58%) with the remaining 42% being males. The average age of the adolescents in this study was 16 years, with a majority being the youngest child in their families. Generally, parents of adolescents were in the middle age range (41-60 years old) and had completed their education up to high school level. Almost all fathers were employed, while more than half of the mothers were not. The majority of older siblings of the adolescents were over 18 years old, with males predominating. The average age gap between adolescents and their older siblings was 4.9 years, and these siblings had typically completed high school education, with over 90% currently in school or employed. Three-fifths of the adolescents came from medium-sized families (5-7 members).

The research findings indicate that there were no significant differences in parent-adolescent attachment, sibling interaction, and decision-making abilities between male and female adolescents. However, the analysis showed a positive relationship between older sibling age and greater distance in age with higher levels of sibling interaction. The influence analysis revealed that factors such as older sibling age, the status of siblings being in school or employed, closer birth spacing, fewer family members, and higher parent-adolescent attachment could enhance adolescent decision-making abilities.

Parent-adolescent attachment plays a crucial role in adolescent decision-making abilities. Therefore, enhancing attachment through verbal and non-verbal parental attention, encouraging open communication where adolescents feel comfortable expressing their issues, can improve attachment. Schools can provide leadership skills training that includes decision-making as a soft skill, as well as counseling services and organizational guidance to support adolescents in developing these abilities. Suggestions for further research include adding variables such as parenting styles and peer attachment, as well as exploring decision-making in contexts such as career choices.

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