

## The Relationship of Family Communication towards Personality of High School Teens on The Coast of Terengganu

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### Abstract

The personality of the teenager and family communication have associations that need to be emphasized. This is because problems such as depression, anxiety, comfort in isolation, and most worrying suicide attempts are becoming more common among adolescents. Statistics released by the Royal Malaysia Police (PDRM) show that suicides among teenagers are the highest at 872 cases. Therefore, this study aims to examine the relationship between family communication and high school teenagers' personality on the coast of Negeri Terengganu. The study uses quantitative methods through questionnaires. A total of 384 secondary school teenagers were selected as respondents in this study. The study tool used to measure family communication, and personality is the Revised Family Communication Pattern built by Ritchie and Fitzpatrick (1990), Imam-Al-Ghazali Theory, and the Five Inventory (BFI) that were built by John, Donahue, and Kentle (1991). The findings showed that exemplary orientation with prudent adolescent personality (conscientiousness) showed the strongest and highest relationship compared to others. Thus, the approach of parents through exemplary interaction or showing through acts has more impact on the character of the children. In addition, the findings also showed that conversation orientation is an effective method of dealing with a child in emotional instability (neuroticism), as opposed to conformity or exemplary orientation.

**Keywords:** Family Communication, Conversation Orientation, Conformity Orientation, Personality, Adolescence

### Introduction

Family institutions are primary groups and have a long relationship life compared to other social groups. This institution begins with the consolidation of legally married relationships and subsequently having children as the successor of the human generation (Jusoh, 2015; Ningsih, 2019). The position and responsibilities of family members also play an important role in maintaining harmony and well-being in the family (Ibrahim et al., 2018; Noh & Yusooif,

2011). This is because, through the occurrence of the family, it is finally possible to form a great society and human civilization (Musa et al., 2020). In fact, there are policies and policies aimed at achieving well-being in a family, is the National Family Policy (NFP) established in 2010 (National Population and Family Development Board, 2015).

But the increase in depression among Malaysians to the second highest cause of mental problems is from home, thus indicating that family institutions are failing to function properly (Aziz et al., 2017; Sanusi, 2022). Nearly 500,000 individuals aged 16 and older recorded the highest figure in depression problems (Roslan, 2020). In line with the 2017 National Health and Morbidity Survey (NHMS), depression problems occur in adolescents aged 13 to 17 years (Institute for Public Health, 2018). Most worryingly, this problem if it continues to linger can lead to suicide attempts. In addition, according to Health Director General Tan Sri Dr Noor Hisham Abdullah, suicides for the period 2019 to May 2021 experienced a sharp increase (Rahman, 2021). For cases aged 19 to 40 years, there were 668 people, while suicides involving teenagers aged 15 to 18 years showed the highest number of cases at 872 (Rahman, 2021).

The bitter experiences experienced by teenagers as children have a huge impact on adolescents when they have grown up (Yusri & Safe, 2022). This is because the adolescent phase is a phase towards maturity and the search for self-identity. According to Dr Aida Syarinaz Ahmad Adlan, Senior Lecturer and Psychiatrist, Department of Medicine, Faculty of Medicine, University of Malaya, said this identity problem is a delirium in thinking patterns, self-image as well as inflexible functions and behaviors that can lead to mental problems (Isa, 2021).

Thus, effective communication in the family is so influential to the youth that it forms their personality and character (Rahman & Ibrahim, 1993; Yahaya, 2020). In line with the views by Majid et al (2012); Hasibuan (2021), the values brought by parents will also be followed by their children. Thus, family communication can be divided into two forms, namely direct (verbal) and indirect (non-verbal) communication. These two forms of communication can have an impact and change to the family whether it changes in attitude, way of thinking, and way of socializing with the people around him (Aswandy, 2020). In this study will look at family communication that includes formal interaction (conversation and conformity orientation) and informal interaction (exemplary orientation) towards the adolescent personality.

In achieving the national policy towards a prosperous and harmonious family institution, this study will look at several objectives i.e. identifying differences in family communication among high school teens on the coastline according to teen gender factors and measuring family communication relationships with the personality of high school teens off the coast of Terengganu.

### **Literature Review**

Many past studies have stated that family communication is closely related to the personality of adolescents. The theory of family systems (Galvin & Brommel, 1996), explains that the communication processes that occur in a family are total. Family members interact and rely among other members in forming a balanced system. Looking at the comprehensive interaction, Koerner and Fitzpatrick (2002) emphasize two dimensions of conversation and conformity orientation. Conversation orientation is a two-way interaction between parents and children who share feelings and opinions (Bakar, 2013; Fitzpatrick & Ritchie, 1994; Koerner & Fitzpatrick, 2002; Noh, 2006; Ramadan, 2020). But conformity orientation is a one-way interaction that takes place between parents and children. It emphasizes the authority of parents in making decisions. Children have to obey every instruction issued by parents, as a

mark of respect (Ritchie, 1991). While in this study also looked at the exemplary orientation proposed by the Imam-Al-Ghazali Theory which refers to the informal communication of parents in the form of speech or acts that are imitated and exemplified by children to be applied in their lives (Ajmain & Ezzuddin, 2020; Al-Ghazali, 1980, 2005; Mohamed et al., 2016; Nawi, 2020). Thus, these three dimensions will explain the relationship or influence of family communication on the children's personality.

Among the earliest researchers who looked at the family's communication of the adolescent personality was (Huang, 1999). The study looked at the relationship of family communication with the personality traits of students in western countries. The findings found that, parents who applied family communication based on conversation orientation would form children with high stance, desire to control self-esteem and sociability. This study in parallel with studies conducted by Sepahvand et al (2018) on adolescents in Ahvaz, shows there is a significant relationship between conversation, metacognition, mindfulness, openness and trust with critical thinking. The study was conducted to test teens' models of family, metacognition, and personality communication. Whenever parents have a two-way interaction with children, the development of their way of thinking and behavior will also change. This will not directly form a stable personality for the teenager in Ahvaz.

Next, the study conducted by Ramadhana et al (2019), also obtained findings that are in line with previous studies, which is that the conversation dimension has a significant positive relationship with personal-social identity. This study was conducted on 214 adolescents from complete families and single-parent families. Parents who have a well-equipped family and apply conversational communication will form a child with a positive personality. Yet parents who apply an conformity orientation in communication relate negatively to social identity, but positively with personal identity.

According to Bakar et al. (2016), the conformity orientation is widely implemented towards Asian families especially in China and India, where the adherence of the child to the parents is more important because it shows respect and discipline in the children (Trubisky et. al., 1991; Siu Man, 2002; Zhang et. al., 2005; Zhang et. al., 2007; Alpa Arora, 2010). Furthermore, according to Bakar et al (2016), in Malaysia the communication emphasized is balanced between conversation and conformity (Aziyah, 2008; Narimah et. al., 2008; Salleh et. al., 2011). Among the questions of conformity orientation is "the family expects me to obey without questioning when it comes to important matters"; "in the family, parents always decide on everything" and "parents say children can't argue with their words".

Apart from conversation and conformity orientation, exemplary orientation was also conducted by past researchers. According to Ajmain and Ezzuddin (2020), that studies the methods and features of education in producing a prosperous family. This study uses the Systematic Literature Review (SLR) method which brings together the findings of the study in terms of the meaning of the concept of a prosperous family. The findings show that there are similarities and differences in terms of the term prosperous family for the Islamic and Western viewpoints as well as various methods and ways to form a prosperous family. According to him, setting a good example is an important method of building a prosperous family and nurturing the children's personality. It's because children like to imitate the behavior of their parents at home.

In addition, the study conducted by Rohmawati (2017) on exemplary orientation through the study of the views of Imam Al-Ghazali in the book "Ayyuhal al-Walad", proper education should be instilled in children to produce people with good morals or good personality. The findings from the study of the book found parents are a model that children will imitate. This

is because children will be easily affected by things that are seen in front of their eyes and take them for application in life, in turn form moral or personality.

In line with the study conducted by Hasibuan (2021) on parental communication patterns in the development of the child's personality The findings of the study found that parents need to behave with good behaviour because children know their parents first before others are present in their lives. A good role model will always be in the heart and will affect the behavior and personality of a person.

Whereas, in the aspect of personality using the Big Five Factor Personality Model (BFFP) can explain an individual's personality as a whole through the way of reacting and interacting with the surrounding by looking from the point of view of neuroticism, agreeableness, extrovertness, conscientiousness and openness (O'Connor, 2002). This model is often used by personality researchers to determine a person's personality. De Fruyt et al (2006); McCrea (2002) are among the researchers who often apply this model and ability to measure the human personality in various conditions without overlapping with its measurement factors. In the perspective of youth, the personality of adolescents should be given attention and taken seriously because they are the successor generation of a nation. In addition, it makes it easier for the people around in particular to recognize the ways and methods to communicate with children (teenagers).

The formula from the previous studies used, there is still less research on family communication of conversation orientation and adherence to the personality of adolescents in the local. Based on previous studies on the relationship of exemplary orientation with personality, there is still less and most of them focus on Systematics Literature Review (SLR) versus field testing. Therefore, this study will accommodate the study gap on family communication of exemplary orientation towards adolescent personality to be empirically proven. In conclusion, this study will look at family communication relationships, that is, conversation, conformity and exemplary orientation towards the personality of adolescents as a whole. Figure 1 below is the conceptual framework of this study

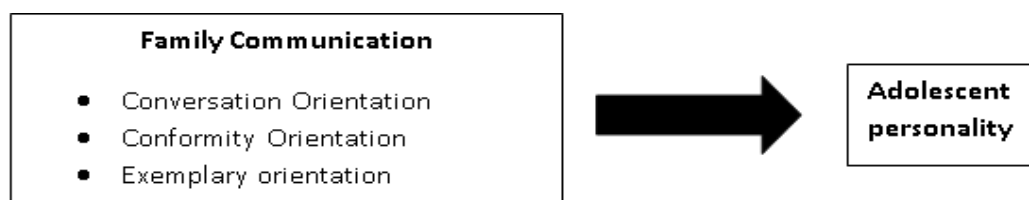


Figure 1: Study Concept Framework

### Methodology

The design of the studies is a quantitative approach, i.e., the study is conducted on a cross sectional basis or also known as a cross-study that uses questionnaires to collect information and data of the study. All data obtained from the questionnaire are quantitatively analyzed using Statistical Package for Social Sciences (SPSS). In this study, researchers selected a population consisting of form 1, 2 and 4 secondary schools on the coast in Terengganu.

The total number of secondary schools in the coastal area is 43 which is estimated to be 31,127 students (Ministry of Education Malaysia, 2022). The secondary school selected is categorized as a government school and the school type is 'Sekolah Menengah Kebangsaan (SMK) under the Ministry of Education (MOE). The selection of secondary schools in coastal areas is measured through google map by determining five kilometers of location and beach distance. According to the definition of coastline in the message of the National Coastal Zone Physical

Plan (Department of Town and Country Planning, 2012), the coastline refers to a coastal area that covers an area bordering five kilometres of land from the high tide and three nautical miles to the sea from the lowest ebbing line

Figure 2 shows in detail the distance of the coastal border. Therefore, multistage cluster sampling as a data collection technique from the target population of 31, 127 students in secondary schools in the coastal area of Terengganu involving seven districts namely Besut,

| Gender | Frequency | Percent (%) |
|--------|-----------|-------------|
| Men    | 150       | 39.1        |
| Women  | 234       | 60.9        |
| Total  | 384       | 100         |

Setiu, Kuala Nerus, Kuala Terengganu, Marang, Dungun and Kemaman.

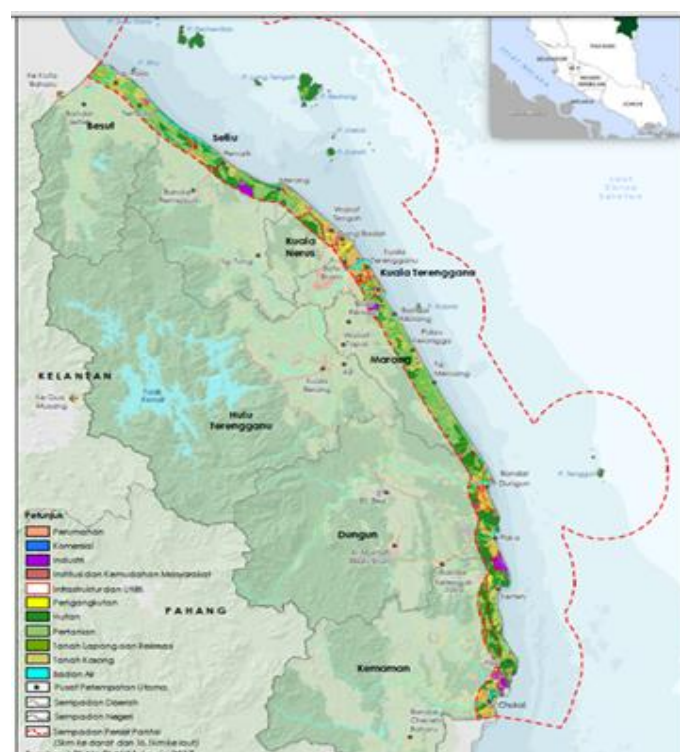


Figure 2: Coastal Border Distance in Terengganu

### Result and Discussion

The total number of respondents in this study after analysis was 384. The male youth respondents were 150, equivalent to 39.1%, while the female teenage respondents were 234, equivalent to 60.9%. Table 1 shows the number of adolescents in the study.

Table 1

*Total Respondents based on Gender*

Based on table 2, the findings of the study found that family communication, conversational orientation ( $t = 1.476$ ,  $sig. = 0.141$ ), conformity orientation ( $t = 0.889$ ,  $sig. = 0.375$ ) and exemplary orientation ( $t = 0.101$ ,  $sig. = 0.920$ ) all indicate that the value of  $sig. p > 0.05$ . After analysis, it showed no significant differences between family communication of

conversational, conformity, and exemplary orientation with the male and female gender on the coast of Terengganu.

Table 2

*Family Communication Differences among Coastal Teens by Genders Factors*

| Variable                 | Gender | N   | Min    | Standard Deviation | dk  | t     | Sig. (2-tailed) |
|--------------------------|--------|-----|--------|--------------------|-----|-------|-----------------|
| Conversation orientation | Male   | 150 | .09531 | .06724             | 384 | 1.476 | 0.141           |
|                          | Female | 234 | .09531 | .06458             |     |       |                 |
| Conformity orientation   | Male   | 150 | .05512 | .05964             | 384 | 0.889 | 0.375           |
|                          | Female | 234 | .05512 | .06202             |     |       |                 |
| Exemplary orientation    | Male   | 150 | .00571 | .05710             | 384 | 0.101 | 0.920           |
|                          | Female | 234 | .00571 | .05667             |     |       |                 |

Next, look at the relationship of family communication to the personality of the teenager. The findings showed that parents who use conversational orientation indicate a negative relationship with the teenager's personality i.e., emotional instability or neuroticism, ( $r = -0.158$ , sig. = 0.002). However, it shows a positive relationship with agreeableness and openness personality with results ( $r = .132$ , sig. = .010) and ( $r = 0.192$ , sig. = 0.000), but the strength is very weak. Meanwhile, a conscientiousness and extrovertness personality was found to have a weak relationship with a conversational orientation of ( $r = .316$ , sig. = 0.000) and ( $r = .208$ , sig. = 0.000).

Then, family communication of conformity orientation is positively related to the openness, conscientiousness, extrovertness and agreeableness i.e., by results ( $r = 0.300$ , sig. = 0.000), ( $r = .307$ , sig. = 0.000), ( $r = .316$ , sig. = 0.000) and ( $r = .337$ , sig. = 0.000).

In addition, for family communication of exemplary orientation shows that there is a moderate positive relationship with the conscientiousness personality i.e. ( $r = .526$ , sig. = 0.000), while the communication is weakly related to the personality of openness, extrovertness, and agreeableness i.e. ( $r = 0.324$ , sig. = 0.000), ( $r = .334$ , sig. = 0.000) and ( $r = .272$ , sig. = 0.000) respectively. Yet the neuroticism personality has no direct relationship with the communication of conformity and exemplary orientation.

Thus, it can be concluded, the exemplary orientation with the conscientiousness personality indicates the strongest and highest relationship compared to the rest. Thus, the proximity of parents through exemplary interaction and imitation has more impact on their character. In addition, the findings also showed that conversation orientation is an effective way to deal with a child who is in emotional instability, as opposed to using conformity or role model. Table 3 shows the relationship of family communication with the personality of adolescents.

Table 3

*Family Communication Relationships against Adolescent Personality*

| Adolescent personality  | Family Communication |                          |                        |                       |
|-------------------------|----------------------|--------------------------|------------------------|-----------------------|
|                         |                      | Conversation Orientation | Conformity Orientation | Exemplary orientation |
| Neuroticism             | Pearson Correlation  | -.158**                  | -.014                  | -.091                 |
|                         | Sig. (2-tailed)      | .002                     | .792                   | .075                  |
|                         | N                    | 383                      | 383                    | 383                   |
| Openness to experiences | Pearson Correlation  | .192**                   | .300**                 | .324**                |
|                         | Sig. (2-tailed)      | .000                     | .000                   | .000                  |
|                         | N                    | 383                      | 383                    | 383                   |
| Conscientiousness       | Pearson Correlation  | .316**                   | .307**                 | .526**                |
|                         | Sig. (2-tailed)      | .000                     | .000                   | .000                  |
|                         | N                    | 383                      | 383                    | 383                   |
| Extrovertness           | Pearson Correlation  | .208**                   | .316**                 | .334**                |
|                         | Sig. (2-tailed)      | .000                     | .000                   | .000                  |
|                         | N                    | 383                      | 383                    | 383                   |
| Agreeableness           | Pearson Correlation  | .132**                   | .337**                 | .272**                |
|                         | Sig. (2-tailed)      | .010                     | .000                   | .000                  |
|                         | N                    | 379                      | 379                    | 379                   |

**Conclusion**

The study proposes a research framework that examines family communication and adolescent personality, to further improve the achievement of well-being and mental health especially in adolescents. Therefore, it is necessary to see what family communication relationships can lead to the personality of a teenager. This also helps the government to realize its policy in achieving the psychological prosperity of the people. The study suggests using larger samples and looking to different areas for more significant future research.

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