

## THE INFLUENCE OF POSITIVE THINKING ON STRESS POST THE DEATH OF PARENTS IN ADOLESCENTS AT AL- ITTIHADIYAH PRIVATE HIGH SCHOOL MEDAN

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### Abstract

Parents are the figures closest to children. The task of raising children is not an easy thing, it requires cooperation between mother and father. A warm home atmosphere and feeling safe are basic needs in family life. With these basic needs, these must be fulfilled so that you always feel calm, safe and comfortable. This study aims to determine the effect of positive thinking on stress after the death of a parent in adolescents at Al-Ittihadiyah Medan Private High School. The research method used in this research is quantitative research. The location of the research was Medan Private High School, which is located at Jl. Arca Building No. 55 Medan, Teladan Barat, District. Medan City, Medan City, North Sumatra Province. The population in this study was 30 people and all of them were used as samples. The results of the research show that there is an influence of positive thinking on stress after the death of a parent in teenagers at Al-Ittihadiyah Medan Private High School with a p-value of  $0.000 < 0.05$ .

**Keywords:** *Positive thinking, stress*

### 1. INTRODUCTION

Parents are the figures closest to children. The task of raising children is not an easy thing, it requires cooperation between mother and father. A warm home atmosphere and feeling safe are basic needs in family life. With these basic needs, these must be fulfilled so that you always feel calm, safe and comfortable. This feeling of security and comfort is a basic need in a family atmosphere, it can only be obtained in a family environment where there is prosperity. A family is said to be in complete formation when there are father, mother and child figures in it, but in fact not all families are always complete. One of the reasons for incompleteness in a family is the death of a parent, either left behind by the father or mother. The feeling of losing a parent will definitely have a big impact on other family members, especially children, especially teenagers. He is looking for his identity, and when his parents die, he is devastated. There are various causes of death, there are those who accept the fate of death by dying due to illness, old age, due to an accident, and so on. When death occurs, of course, it not only has an impact on the person who died, but also has a huge impact on the people around them who are left behind. An event or disaster that brings the most sadness is death which is considered a disaster. (Hartini, 2001). As previously stated, losing someone you love through death is something that is very, very painful and cannot be compared to anything. Because for those left behind, this event had a big impact on their lives. Likewise, what happens if one of the parents dies will certainly have a big impact on the life of the child left behind. The figure closest to the child is the parent, the warm atmosphere of a family is an atmosphere that will build closer parent and child closeness and will create a very comfortable family environment, warmth in the family is an atmosphere that will not be found anywhere, you can imagine when the event What is undesirable for a teenager is the death of a parent, a child will certainly feel unable to accept all the realities they face.

Because when death occurs, it will separate the relationship between children and parents in the world. Of course, this incident is not an easy thing for anyone to accept. Because everyone has different ways of dealing with the loss of a loved one. Some of the responses or reactions shown

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are, for example, psychological reactions that show feelings of fear, feelings of hopelessness, feelings of loneliness, and other anxieties. This reaction is a reaction shown when a loved one is abandoned, especially because of death, especially if this is experienced by a child who has been abandoned by his parents. In a difficult development process and a time that is confusing for him, a child needs protection from his parents, so that if a child is abandoned by his parents due to death, the child feels a spiritual emptiness, a child who feels a spiritual emptiness when his parents leave him those who die really need guidance and protection. Especially for children who are teenagers, adolescence is a transition period between children and adults, between the ages of 11-24 years, namely a period of development and search for self-identity. At this time, teenagers experience what is called an identity crisis and there is mounting chaos. In this vulnerable period, teenagers try to find various new roles for themselves as fulfillment of their ego which reaches its peak and that is the search for identity in teenagers (Hartini, 2007).

According to data from the Central Statistics Agency (BPS) in Indonesian Statistics, the number of deaths in the country has reached (57%) lost their father, more than a third (37%) lost their mother, and about 5% lost both parents. Most of these children are currently being cared for by female family members from their extended families, while 114 children do not receive assistance or care from adults. Loss of one or both parents threatens children's nutritional status, growth and development. They are also more at risk of becoming victims of neglect, violence and exploitation, especially teenagers and young children from low-income families. Children who are orphaned, as well as deprived of care, often have to face negative consequences such as poverty and placement in institutional care (ASEAN Secretariat, 2020). The death of one or both parents will leave deep scars for teenagers. In fact, it is not uncommon for teenagers to experience shock and be very devastated. The crisis caused by the loss of a parent has a serious impact on the stages of adolescent development. Adolescence, which is an important milestone in identity formation, certainly really needs support from the people it loves. Parents who instill basic values, provide love, support both morally and materially. The death of a parent is a very significant event for teenagers because the family is no longer intact. There will be many changes and adjustments that will occur, this does not rule out the possibility of causing conflict within teenagers. Not always teenagers consider loss as a bad thing, some teenagers are able to accept loss as a positive thing.

Based on interview data during a field survey on March 1 2023 at Al-Ittihadiyah Medan Private High School, MD's parents died when MD was in elementary school (SD). At that time MD was 10 years old and was abandoned by his parents. MD was abandoned by his mother in May, then several years later, when MD was in middle school, MD's father followed MD's mother at the end of December. When MD still had complete parents, MD often always excelled at school immediately after his mother and father died, MD's achievements dropped drastically to become a child who did not have the enthusiasm for learning and enthusiasm for life as before, sometimes MD always gloomy as if the world didn't exist around him. his side wasn't like it used to be. Insults and insults often haunt MD's life, even to this day, MD always feels that the world is unfair to him. Stress is a phenomenon that all humans experience. In psychology, stress is a feeling of pressure and mental tension. Low levels of stress may be desirable, beneficial, and even healthy. Stress can have a positive impact, namely increasing performance facilitation. Positive stress is considered an important factor for motivation, adaptation, and reaction to the surrounding environment. However, high levels of stress can result in biological, psychological, and social problems and even serious harm to a person. Stress can originate from external factors originating in the environment, or caused by the individual's internal perceptions. Stress is an individual's response to a change in circumstances or a threatening situation.

This can be seen as a personal reaction to an external event/request such as writing an exam or an internal state of mind such as worrying about an exam. An interesting fact is that stress tends to increase with the inability to cope with unpleasant situations faced by a teenager. Adolescents who experience traumatic events or other disasters who cannot handle stress well plunge themselves into negative things such as promiscuity, smoking and illegal drugs (Purbararas, 2018).

This is of course very unfortunate because teenagers have a great opportunity to explore themselves, ideas and appreciate the progress of themselves and their surrounding environment. A significant negative impact on teenagers' psychology will last in the long term, but this can be avoided if teenagers are able to manage sadness and adapt well to new situations without the presence of parents (Biank & Werner-Lin, 2011). Supported by teenagers' ability to resolve conflicts within themselves and solve problems without the help of parents or other adults, teenagers have more ability to overcome feelings of loss due to the death of their parents using various methods, one of which is positive thinking (Hurlock, 2003).

Positive thinking is a type of cognitive therapy that aims to recognize negative thought patterns and understand them, change negative thought patterns with exercises, and use new thought patterns to face future life events. Positive thinking training techniques use the model developed by Ellis in accordance with the thought management stage in rational-emotive therapy (Seligman, 2008). According to data obtained from research by Sari (2003), positive thinking in dealing with stress in teenagers after the death of a parent was 46.9%. Arta (2004) in his research found that stress in teenagers caused by environmental factors reached 64.1%. Hapsari (2004) in his research reported that there were 45.3% of teenagers who were experiencing stress after the death of a parent. Positive thinking can also be interpreted as a way of thinking that starts from good things, which is able to ignite enthusiasm to make changes towards a better standard of living. It is in this context that positive thinking has become a thinking system that directs and guides a person to abandon negative things that can weaken the spirit of change in his soul (Arifin, 2011).

Based on interview data during a field survey on March 1 2023 at SMA Al-Ittihadiyah Medan, with support from MD's grandmother, MD always felt protection after his parents died. MD always strives for success and achievement for himself even though MD no longer has complete parents. MD does not give up his enthusiasm in achieving his dreams so that in the future MD can make his grandmother happy even though MD is alone. A positive outlook for teenagers after the death of a parent is very important to give birth to good hope. This will only be seen by a teenager who always thinks positively. For teenagers who think positively, the hope is that they will always look good and look at their future with optimism. People who always think positively about their future in any situation and condition will always try persistently and try to better prepare themselves by embedding new hopes in them (Aziz, 2010). Based on the data sources and theories that the researchers obtained, the researchers were interested in raising this problem in the form of a manuscript entitled "The Effect of Positive Thinking on Stress After the Death of Parents in Adolescents at Al-Ittihadiyah Medan Private High School".

## **2. RESEARCH METHODOLOGY**

The research method used in this research is quantitative research. This research conducted in Medan Private High School from February to July 2023. The population in this study were 30 students of Al-Ittihadiyah Medan Private High School using a non-probability sampling technique. The variables in this research are positive thinking as the independent variable (X) and stress as the dependent variable (Y). By using a Likert scale It is known that the score for the answer to the favorable statement is that Strongly Agree gets a score of 4, Agree gets a score of 3, Disagree gets a score of 2 and Strongly Disagree gets a score of 1. On the other hand, for the Unfavourable statement, the answer Strongly Agree gets a score of 1, Agree gets a score of 2, Disagree. got a score of 3 and Strongly Disagree got a score of 4. The positive thinking variable has 22 valid statements and the stress variable has 20 valid statements. The data analysis technique in this research is simple regression analysis. Before regression analysis is carried out, all data must be tested for normality and linearity.

### 3. RESULTS AND DISCUSSION

#### 3.1 Research result

Respondents in this study were students/There are 30 students in Class

Table 1. Characteristics of Respondents

No.	Gender	f	%
1	Man	17	56.7
2	Woman	13	43.3
	Amount	30	100.0%

Source: Primary Data

The normality test results in table 2 show that the Sig. for the positive thinking variable is  $0.089 > 0.05$ , so it can be concluded that the data is normally distributed. can be seen in the following table:

Table 2. Kruskal Wallis Normality Test Results  
Test Statistics, b

	Results
Chi-Square	2,899
df	1
Asymp. Sig.	,089

a. Kruskal Wallis Test

b. Grouping Variable: Group

Source: SPSS Data Processing, 2023

Table 3. Linearity Test Results  
ANOVA Table

	Sum of Squares	df	Mean Square	F	Sig.
Positive Thinkin g * Stress	8026.950	19	422,471	5,926	,003
Between Groups	4554.421	1	4554.421	63,884	,000
Deviation from Linearity	3472.529	18	192,918	2,706	,055
Within Groups	712,917	10	71,292		
Total	8739.867	29			

Based on the results of the linearity test, it is known *sig. deviation from lineartye* equal to  $0.055 > 0.05$ , it is concluded that there is a significant linear influence between the independent variable (positive thinking) and the dependent variable (stress).

### 3.2 Results of simple linear regression analysis

**Table 4. Results of Simple Regression Analysis Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	27,000	5,450		4,954	,000
Think positively	,447	,081	,722	5,520	,000

a. Dependent Variable: Stress

Source: SPSS Data Processing, 2023

From the results of table 4, it shows that the positive thinking variable has a significant positive effect on stress after the death of a parent in students Al-Ittihadiyah Medan Private High School. This can be seen from mark significant  $0.000 < 0.05$ . From table 4, the following regression equation is obtained:

$$Y = 27,000 + 0.447X$$

From the simple linear regression equation above, it can be explained as follows:

1. The constant value is 27,000, meaning that if the stress variable is considered zero, then the positive thinking variable is 27.
2. The coefficient value of the stress variable is 0.447, meaning that for every increase experienced by the stress variable by one unit, the positive thinking variable will increase by 44.7%.

**Table 5. Frequency Distribution of Positive Thinking**

Value Range	Criteria	Category	Frequency	Percentage (%)
$\geq \text{mean} + 1 \text{ (SD)}$	$\geq 65.06 + 1(17.36) \rightarrow X \geq 82.42$	Tall	9	30.0
$\text{mean} - 1 \text{ (SD)} <$	$65.06 - 1(17.36) < X < 65.06 + 1(17.36) \rightarrow 47.7 - 82.42$	Currently	14	46.7
$\leq \text{mean} - 1 \text{ (SD)}$	$\leq 65.06 - 1(17.36) \rightarrow \leq 47.7$	Low	7	23.3
<b>Amount</b>			30	100.0

Source: SPSS Data Processing, 2023

Based on table 5 above, it can be seen that the majority of Al-Ittidahiyah Medan High School students think positively after the death of their parents, which is classified as moderate, namely 14 respondents (46.7%), followed by students who think positively, which is classified as high, as many as 9 respondents (30%) and students who think positive was classified as low, there were 7 respondents (23.3%).

**Table 6. Stress Frequency Distribution**

Value Range	Criteria	Category	Frequency	Percentage (%)
$\geq \text{mean} + 1 \text{ (SD)}$	$\geq 56.10 + 1(10.75) \rightarrow X \geq 66.85$	Tall	8	26.7
$\text{mean} - 1 \text{ (SD)} <$	$56.10 - 1(10.75) < X < 56.10 + 1(10.75) \rightarrow 45.35 < X < 66.85$	Currently	17	56.7
$\leq \text{mean} - 1 \text{ (SD)}$	$\leq 56.10 - 1(10.75) = \leq 45.35$	Low	5	16.7
<b>Amount</b>			30	100.0

Based on table 6 above, it can be seen that the majority of Medan Al-Ittidahiyah High School students experienced moderate stress, namely 17 respondents (56.7%), followed by students with high stress, 8 respondents (26.7%) and 5 students with low stress. respondents (16.7%).

### 3.4 Discussion

In this research, the correlation test shows that there is a significant influence of positive thinking on stress after the death of a parent in students Al-Ittihadiyah Medan Private High School with a significant value of  $0.000 < 0.05$  with a coefficient value of 0.447, meaning that for every increase experienced by the stress variable by one unit, the positive thinking variable will also experience an increase of 44.7%. The research results in table 6 show that the majority of respondents experienced moderate stress, followed by students with low stress and a few students with high stress. The number of students who experience moderate stress can be seen from the respondents' answers based on the questionnaire distributed to the respondents. They always accept whatever situation they are experiencing, even though they don't have parents. The respondents feel happy in welcoming the future, when they are in a new environment, the respondents try to present themselves in this environment well, always ready to face life's challenges, always think well in making the respondent's dreams come true, and interact more easily with new people. For students who experience high stress, it is indicated by the respondent's answer that the respondent does not agree with what is said when confronted with problems, respondents always look for solutions so that the problem is resolved quickly, because respondents always discuss with their parents if there is any problem. So after the parents were gone, the respondent felt stressed, the respondent felt that who else could the respondent discuss besides his parents, and the respondent was worried about the respondent's future.

From the research results in table 5, it shows that the majority of respondents have positive thoughts were classified as moderate after the death of a parent to students Al-Ittihadiyah Medan Private High School. According to researchers, positive thinking can help students overcome losses due to the death of their parents, because for the majority of respondents in this study, when the teacher gave their classmates assignments in a row, the respondents remained focused on doing the assignments given by the teacher. Apart from that, respondents still have a more focused life goal because respondents feel that they still have family who can accompany them even though their parents are gone. Apart from that, if there are friends who speak ill of them, the respondent remains indifferent and continues to do his work at school and is confident in everything and is able to achieve better than before even though his parents are gone. Research by Nurriyana and Savira (2021) stated that the event of a parent's death caused similar initial responses in the participants, namely shock, disbelief, paralysis, crying and anger. After the event, the participants faced various impacts.

The first impact is the psychological impact in the form of loss of interest and enthusiasm for daily activities, easy stress and feeling of a crisis phase in life due to many changes. Apart from that, the financial impact also occurs after the event because the parent who died is the only source of income, so financial income decreases drastically. The strategy of the participants making an effort to let go, trying to get up and strengthening themselves is one strategy that is considered capable of overcoming the psychological impacts that arise. Support from the participant's immediate environment is also considered capable of minimizing negative feelings, so that the psychological impact can be overcome. Seeking professional help is also done as a strategy to overcome the psychological impacts that arise. According to Vasty, et al (2021), teenagers who experience the death of a parent experience sadness and a bad state of trauma, the loss of a loved one which eliminates support from the main source of motivation and a loss of comfort. Facing various problem situations that cause stress, over time requires the ability to manage problems and resilience that can make them survive. They also have high sources of motivation, both internal and external, so they are able to provide the best performance. Adolescents' positive self-confidence, support from the closest environment and the ability to see the meaning of the event of a parent's

death can support better self-recovery in adolescents. Getting too caught up in feelings of loss due to the death of a parent can cause teenagers to fall into negative things that can be detrimental to themselves and their environment. Adolescents must adapt to be able to live their lives as if they were disturbed by feelings of loss, so adolescents must carry out self-recovery. (Nurriyana and Savira, 2021) The results of this research are in line with previous research conducted by Harjuna and Rinaldi (2022) that emotional regulation influences the resilience contribution of students in the teenage age range after the death of their biological parents. Nurriyana and Savira (2021) after the death of their parents, teenagers experienced significant psychological and financial impacts. *Self-healing* can help teenagers to recover from feelings of loss due to the death of a parent. The self-healing stages experienced are decision to heal, emergency stage, remembering, grieving and mourning, anger, forgiveness, spirituality, resolution and moving on. Factors that influence the self-healing process are the teenager's self-confidence in his ability to recover, the quality of the teenager's relationship with his parents, good environmental support and the meaning of events.

#### **4. CONCLUSIONS AND RECOMMENDATIONS**

##### **4.1 Conclusion**

From the results of this research it can be concluded that there is the influence of positive thinking on stress after the death of a parent in teenagers at Al-Ittihadiyah Medan Private High School with a p-value of  $0.000 < 0.05$ . The majority of students based on the positive thinking variable were classified as moderate, namely 14 respondents (46.7%) and based on the stress variable after the death of their parents were classified as moderate, namely 17 respondents (56.7%).

##### **4.2 Suggestion**

The following are suggestions that can be made for related parties:

###### **1. Theoretical Benefits**

Providing and increasing knowledge for Psychology, especially Clinical Psychology, as well as as a reference for future researchers who want to study more deeply about the meaning of parental death for teenagers.

###### **2. Practical Benefits**

###### **a. Teenagers who have lost their parents**

For teenagers who have just experienced a disaster, it is hoped that they will immediately get up and move on with their lives.

###### **b. For families of teenagers**

Of course, teenagers' families also experience sadness, so good communication is hoped to prevent conflict within the family.

###### **c. For mental health service providers**

It is hoped to expand the range of easily accessible services.

###### **d. For the environment**

For those closest to teenagers who have just experienced the death of a parent, assistance in the form of moral and material will really help teenagers recover better.

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