

Qualitative Study of Interpersonal Communication on Inner Child Adolescent Awareness in Sematang Borang District, Palembang City, 2022

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ABSTRACT

Communication is a basic need for humans as social beings, especially teenagers in an effort to fulfill their needs. Fulfillment of communication needs on adolescent inner child awareness by using interpersonal communication. A key question arises, namely how is interpersonal communication on adolescent inner child awareness in Sematang Borang District, Palembang City in 2022? This study uses qualitative research methods with the subject of inner child adolescents. Data analysis in the research was carried out using data collection techniques by means of observation with inner child adolescent respondents in in Sematang Borang District, Palembang City through interviews. This research is qualitative using a phenomenological approach, this approach is carried out with the aim of providing a description of the existing reality.

Keywords: Interpersonal Communication; Inner Child; Youth

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INTRODUCTION

Communication is a series of processes in conveying messages carried out by individuals to other individuals, so communication cannot be avoided in human life. Humans are social beings who cannot live alone and need other humans as a form of fulfilling their needs in an effort to survive. Fulfillment of these human needs can be realized with the existence of a relationship with other humans through a communication, be it a communication that is verbal or also non-verbal. Scheidel revealed that communication is a form of expression in expressing and a means of supporting human self-identity in building a social contact with people who are around in an effort to influence other people to feel, think and act according to what we want. In the communication process between communication participants both have the responsibility to determine the flow of an ongoing communication event.

The main element that drives the success of a communication is self-awareness of members of the communication. Self-awareness is a person's condition in being aware of the emotions that are being thought about regarding the problems that occur, then being able to process them. If an awareness of one's self is good, it will enable that person to know and sort out feelings, understand issues related to things that are felt and the reasons why these things can be felt and know the causes of these feelings.

Interpersonal communication is a communication that is carried out by one person with another face-to-face, which creates the potential for communication participants to capture the reaction of another person directly, by means of verbal or nonverbal. This form of interpersonal communication is dyadic communication which connects two people, such as two colleagues, two friends, parents and children, and so on. The characteristics of dyadic communication are that the communication participants involved are in close proximity and send and receive messages simultaneously and spontaneously by verbal or non-verbal means (Lussy, 2020).

In an interpersonal communication, memory is an important factor that influences perception. In human thought there is a process of managing information called cognitive psychology. In the process of cognitive psychology related to humans, the information obtained is in the form of data that is easy to remember and has a major influence on human development. This is a keyword that facilitates memory recall in humans in response to situations and conditions in the meaning of objects and then triggers behavior and actions in a person (Yohanes, 2020). Overall processes such as sensation, perception, experience, and memory become the most important thing in the process of cognitive thinking (Puspasari, 2017: 8). Lewin stated that psychological style gave influence in humans as a living space (life space).

Communication during adolescence is an important communication, because in this phase it is a phase of exploring adolescents in an effort to actualize themselves with the community environment. Piaget says that teenagers are deep perspective Psychology is the age phase when individuals interact with adult society, at this time age makes children no longer feel bound to only older people, but at an equal level, at least in terms of rights (Monalisa, 2020).

Interpersonal communication is a form of communication that is often used in communicating for adolescents in self-actualization efforts. Interpersonal communication that is done correctly gives influence and reciprocity. However, in fact, not all adolescents can perform interpersonal communication well, thus making adolescents encounter obstacles in communicating related to the inner child of the adolescent in the communication process to capture someone else's reaction directly, both verbally and nonverbally. When linked to the context of this research, adolescents are the object of research in finding out how interpersonal communication takes place on adolescent inner child awareness in Sematang Borang District, Palembang City in 2022.

Research on interpersonal communication related to the inner child has been carried out previously by Khosyi'atul Hamidah with the title "awareness of the inner child in interpersonal communication among the students of the annasyiah al-jadidah Islamic boarding school". This study aims to determine the inner child in interpersonal communication among the students of the Annasyiah Al-Islam Islamic Boarding Jadidah School. The results of the study show that awareness of a bad inner child gives birth to a bad response and students have not been able to process it, awareness of a good inner

child will create a good response that students are aware of and can process it. as well as the awareness of the bad inner child can be processed so that it gives birth to a good response during the interaction (Khosyiatul, 2021). In contrast to the research above, this research focuses more on ongoing interpersonal communication on adolescent inner child awareness in Sematang Borang District, Palembang City in 2022.

Inner child is a part of the human self that is formed by one's childhood experience that has an impact on one's life. According to John Bradshaw (1992), inner child is the result of past experiences or events that have not been resolved properly. Good experiences will also have a good impact on children to adulthood, and similarly bad experiences can also have a bad impact on children to adulthood. The inner child in adolescents in the process of interpersonal communication can be seen in the behavior that is manifested in behavior and conditions related to unconscious emotions (Unconscious).

Based on the explanation above, the researcher is interested in conducting research with the title "Qualitative Study of Interpersonal Communication on Adolescent Inner Child Awareness in Sematang Borang District, Palembang City in 2022". This research is important to carry out, because no research has been conducted specifically examining interpersonal communication on adolescent inner child awareness in Sematang Borang District, Palembang City. Specifically, this research is useful and contributes to the public in knowing patterns of interpersonal communication on adolescent inner child awareness.

The importance of communication as fulfillment of needs and self-actualization in adolescents, especially interpersonal communication. Teenagers in an effort to convey messages when communicating must be able to convey information clearly so as not to cause misunderstandings. This research wants to see how inner child adolescents communicate with interpersonal communication.

LITERATURE REVIEW

1. Interpersonal Communication

Deddy Mulyana (2010), said Interpersonal Communication is communication that is carried out directly with the possibility that each communication participant knows the reaction of the other person directly, both verbal and nonverbal. Bochner (1978) explains that interpersonal communication is a form of delivering messages by one person to another with various impacts and opportunities to provide direct feedback (Ngalimun, 2018).

The components in interpersonal communication identified by Suranto aim to make communication run effectively, the components referred to are Communicators, Messages, Media, Communicants, and Feedback, and Interference in communication (Suranto, 2005).

The process of interpersonal communication that takes place does not always correlate with all components of communication. Then the interpersonal communication requirements are considered to take place if they have three things, namely communicators. Message, and communicate.

Communicators and communicants in the process of interpersonal communication have mutually agreed goals. Suranto explained the purpose of interpersonal communication which includes expressing concern for others, finding identity, discovering the outside world, realizing harmonious relationships, influencing attitudes and behavior, efforts to entertain and spend time, correcting misunderstandings, and counseling (Suranto, 2011).

2. Inner Child

Inner Child is a combination of events experienced by children that shape personality into adulthood by good and bad events. Events that occur in children then form long term memory which will affect personality and attitudes in life (Stephen, 2008).

A psychotherapist, Maxine Harley, mentions signs of a wounded inner child, such as low self-esteem, unstable and emotional mood, identity crisis, difficulty distinguishing jokes from not, rebellious, having problems with commitment, low self-esteem, often lying, competitive, obsessive , passive or aggressive.

The inner child that is formed due to past experiences gives a variety of characteristics, such as a bad inner child makes a person angry and oppressive and a good inner child makes a person energetic, passionate, and so on. Problems can occur if the inner child is not well understood. Efforts that can be made to embrace the inner child, such as being aware of its existence, establishing communication and listening to its expressions, embracing it in self-soothing efforts, and asking for help from experts in their field (Maya, 2022).

3. Interactional Involvement Theory

Ervin Goffman, an expert in the fields of sociology and social psychology, created the concept of interaction engagement theory. In this theory, it is explained that the relationship that exists in humans is determined by the existence of meaning and interpretation (Wikipedia, 2022). The existence of this element influences social actions, verbal and nonverbal actions that reflect a person's perspective on an interaction situation that occurs by another person (Ali, 2020). In the concept of this theory, awareness of thoughts and feelings in receiving messages affects messages that can be received effectively

The main point in the theory of interaction involvement is the ability of individuals to manage communication events. Goffman argues that interaction involvement is determined by three interrelated elements, namely attention, perception, and responsiveness.

1) Attention

The concept of attention is carried out by paying attention to the delivery of verbal and nonverbal messages in communication conditions. Because in some cases a person often doesn't focus in a situation interaction that happened.

2) Perception

Perception is an effort made in understanding the communication events that occur. Perception is related to one's actions in interpreting meaning in communication. In addition, perception refers to the occurrence of effective communication. Perceptual elements themselves are in the cognitive and affective areas.

3) Responsive

Responsive is related to the realm of conative behavior related to one's efforts to adjust to environment social. Responsive correlates with attention and perception elements in responding to verbal and nonverbal communication actions.

METHODS

This research is qualitative using a phenomenological approach, this approach is carried out with the aim of providing a description of the existing reality. This type of research is descriptive qualitative which aims to explain the extent to which data, facts, and circumstances play a role in exploring facts on observations of adolescents in the Pematang Borang sub-district.

Qualitative research has the aim of understanding and understanding the circumstances and facts experienced by research subjects, such as behavior, perspectives, motivations and so on as a whole and in the form of words and language in natural cases (Lexy, 2016).

The phenomenological approach in this study was carried out to examine the phenomena that occur as a whole, as well as the main study of this research, namely inner child awareness in interpersonal communication among adolescents in Sematang Borang District, Palembang City. Phenomenology can be interpreted as; 1) subjective experience or phenomenological experience; 2) a study of consciousness from the principal perspective of a person.

The data collection method in this study uses primary data and secondary data. Primary data in research contains data in research, both individuals, groups, or organizations which include documents and interviews. Documents themselves are references to data sources derived from records. The interview itself is conducted in an informal way in certain conditions and situations by asking questions related to daily routines. This aims to obtain data in the form of experiences conveyed by informants. The secondary data in research is a source of data obtained from books, journals, discourses, and articles related to research.

Data analysis in the study was carried out using data collection techniques in the first way, namely observation or observations, in-depth interview techniques, and field note techniques. Second, the data analysis technique is carried out by means of data reduction which aims to focus carefully on data selection on the findings in the field. The use of data reduction by summarizing the data so that it is relevant to the study. Third, display data. Data display is done by systematically compiling data in order to facilitate the process of drawing conclusions. The informants consisted of teenagers in Sematang Borang District, Palembang City

RESULTS

The first informant was a boy in grade 1 of high school. The first informant has a family background that provides leeway in socializing and expressing himself. The first informants grow and develop into teenagers with good social skills, the first informants are able to express themselves in a social environment related to the situations and conditions that occur. In certain situations the first informant can provide good reflexes

in a change in social communication that involves him. This is as stated by the first informant as follows:

So far, I have never felt hindered in communicating with anyone. Even though I'm in a new environment with lots of people I didn't know before, I don't mind if I have to start and look for topics of discussion in the talks that will be held. If asked why I can be this relaxed, I think it's from the family. Because since childhood I have no obstacles in discussing and speaking and expressing what I feel. My parents also listened to what I expressed. If I'm uncomfortable, I'll tell the person I'm uncomfortable with and then offer up a new subject that we feel comfortable with.

The second informant was a boy in grade 2 of junior high school. The second informant has a less harmonious family background. In their daily activities, the second informant often felt a burden in carrying out the activities he was doing. Researchers used non-formal interview techniques by asking questions according to the responses given. And with the aim of being able to find out more about inner child information from the second informant. The second informant said that:

I'm always in trouble every morning sis, mother ordered me to wash clothes first. Actually it's not a problem, but if you're in a hurry to go to school it's often a hassle. Then if I told mom I would be angry for a long time, I became lazy and became quiet. Since then, if I was told to do it, I would just do it, rather than the length of the matter.

The third informant is a grade 1 junior high school student. The third informant came from a single parent family. The father of the third informant had passed away not long after he was born. Since then he has lived with his mother who has special social rules. Inner child awareness has a significant impact on one's life. The third informant realized that the inner child in his development process made him a disciplined and responsible person. This is like the second informant's statement that:

Since I was little, I was used to having to ask permission for anything, Sis. So even though I sometimes went out to buy credit or go to photocopies, I always asked my mother for permission. So never suddenly go out or come home late. It's a pity that you will worry later, after all it is natural for you to worry. I'm the only daughter. If we ourselves can't take care of ourselves, we can bother other people.

The fourth informant is a 3rd grade high school girl. The fourth informant had an interesting experience related to the inner child, the researcher said it was interesting because the fourth informant could deal with the inner child that he was experiencing. When the fourth informant was in elementary school, he was often teased with male friends in his class. Since then, until high school, he has been traumatized when he is close to the opposite sex. The fourth informant refused communication and became involved with the opposite sex. Until when the fourth informant was in high school he had friends who had male friends who had the same interest in science. Since then, he feels that his inner child's perspective influences the way he socializes. Since this change in perspective has made a change to the fourth informant's social pattern. The fourth informant became more relaxed in socializing and communicating. This is like the informant's statement that:

In the past, my classmates used to joke. Do you know? Every time I chat or get close to a guy friend, there's bound to be someone "cie-cie", because too often I feel uncomfortable and I'm afraid people will misunderstand me. Since then, I've become lazy when I talk to male friends. The funny thing is that when I was in high school, I had a funny and mischievous boy classmate. So because he often misbehaves and

jokes around, everyone gets used to it. And he has joked on me a few times, I just saw my friends' reactions were just fun. Since then I realized that my trauma when I was in elementary school made it difficult for me to communicate with other people, especially boys. After being bullied so many times, I got used to it and gradually the trauma lessened.

DISCUSSION

Based on the data obtained from the four informants from the results of interviews and observations that have been made by researchers. The researcher will discuss inner child awareness in interpersonal communication among adolescents in Sematang Borang District, Palembang City using Goffman's interaction involvement theory. The following are the results of the researcher's analysis based on the acquisition of the data obtained:

1. Inner Child Awareness in Interpersonal Communication in adolescents in the District of Sematang Borang Palembang based on a theoretical perspective

In an interpersonal communication process, it can run effectively if there is involvement in communication members who have a basis that is involved in action in certain social conditions and realities followed by a sense of responsibility. The involvement of these actions can be determined by attention, perception, and responsiveness, in which the three aspects are correlated with each other. In accordance with the interaction engagement theory described by Ervin Goffman.

Based on data and findings related to inner child awareness in communicating to adolescents in Sematang Borang District. From the data obtained during interviews with the four youth informants in Sematang Borang District, the four informants showed awareness of their inner child which had an impact on their daily life and personality. The personality that is formed and the implementation of actions is a process that is formed from the inner child of these teenagers. This can be seen from the third informant who is used to being turned over and giving permission every time he wants to leave the house.

Researchers realized that the experiences and forms of treatment received by adolescent informants in the Sematang Borang Sub-District created a certain form of behavior and perspective. Where this perspective has an impact on the adolescent's personality in socializing and communicating.

Based on the findings that the researchers obtained through an interview process with adolescent informants in the Sematang Borang District regarding Inner child in interpersonal communication, it can be related to the theoretical basis, namely the Interaction Involvement Theory by Ervin Goffman. This theory explains that meaning and interpretation are elements that influence social actions, verbal and nonverbal actions that reflect a person's perspective on an interaction situation that occurs by other people. With three main elements in this theory, namely:

a. Attention

Attention is one of the main elements in a communication process, especially interpersonal communication. Based on the research data, it can be seen through the first informant that if he is involved in a topic that makes him feel uncomfortable, he will tell

his communication partner. The form of the attention element is shown by the way the first informant offers a new topic of discussion that makes him comfortable.

Then the third informant addressed a form of concern in responding to a situation and condition that would potentially make other people worry, especially his mother. Therefore the inner child that was formed in the third informant's youth encouraged him not to take actions that caused other people's worries.

b. Perception

In addition to attention which is an important element in interpersonal communication. The element of perception is also an important element because it is an indicator that shows whether communication is successful or not. . Perception itself is related to one's efforts to identify meaning in communication. Based on the findings of the researcher, the fourth informant realized that his inner child had an influence on his efforts to communicate with friends of the opposite sex. Where his perception when he was not in high school made him feel reluctant to get involved in situations and conditions with the opposite sex. However, since he was in high school and met friends who gave different responses to his closeness with male friends, he realized that the inner child greatly influences his perception of communication.

c. Responsive

Responsiveness is an aspect related to conative behavior in adjusting to the social environment. Where this behavior is implemented in verbal and nonverbal communication. In the results of the data findings that the researchers obtained, responsive aspects could be found in the information provided by the second informant, the second informant responded to the communication given by his parents by taking action. The action taken by the second informant is a form of nonverbal communication. According to information from the second informant, he took action so as not to prolong the affair.

The results of the analysis that the researchers conducted showed that the four informants had realized and had a collective awareness of the events and social reality they experienced. And the informants have tried to deal with the inner child they have and provide optimal responses to situations and conditions in the existing interpersonal communication process. The informants have been able to respond to communication events that involve themselves and in the communication process and they can provide responses in the form of verbal and non-verbal, where the form of the response given is the implementation of interpersonal communication that occurs. Interpersonal communication can be interpreted as direct communication with the possibility that each communication participant knows the reaction of the other person directly,

The events that the informant lived had an impact on the informant's long term memory which grew with the inner child conditions experienced. The second informant shows that the intense behavior that occurs in the informant influences the mindset associated with long term memory. Informants are used to receiving unfavorable responses when they try to express what they think. So, based on the informant's statement, "If you tell Mamak, you will be angry for a long time, so I get lazy and become quiet. Since then, if I'm told to do it, it's a long matter." On the basis of the response he got, he chose to remain silent and carry out the orders given, because he knew that if he answered, it would be a long debate with his parents.

Based on the research results obtained from interviews with the fourth informant where classmates in the high school environment gave a general response to the fourth informant, it had a big influence. This influence is indirectly related to efforts to overcome inner child. Efforts that can be made to embrace the inner child, such as being aware of its existence, establishing communication and listening to its expressions, embracing it in an effort to calm down, and asking for help from experts in their field (Dewi, Maya Selawati, 2020). In the informant's social conditions, the four forms of communication carried out by his friends in realizing the existence of the informant and providing normal treatment as general communication, made the informant realize that the inner child which limited him in his communication efforts was a limitation formed from the bad experience he had in elementary school. With this form of existence awareness, the inner child adolescents can overcome the inner child they experience in responding and engaging in interpersonal communication with other people.

Based on the form of inner child awareness in the interpersonal communication process, the researcher grouped it into two parts consisting of:

- 1) A bad inner child awareness will make someone give a bad response in interacting. This happens because the inner child adolescents have not been able to process and direct their inner child in a situation and condition of communication.
- 2) A good inner child awareness will make a person also give a good response in interacting. This happens because teenagers are able to understand their inner child and position themselves in response to social conditions with the inner child they have.

CONCLUSION

Events that have been experienced by adolescents while growing and developing will have an influence on personality, where this personality comes from the inner child which is formed from long term memory which is implemented in the form of responses and actions. Besides that, interpersonal communication practices will be greatly influenced by the inner child in aspects of interaction involvement such as attention, perception, and responsiveness. Where the inner child will provide responses related to the three aspects of interaction involvement. As well as based on the discussion in this study regarding Inner child Awareness in adolescent interpersonal communication in Sematang Borang District, Palembang City. The researcher draws 2 main conclusions, namely: 1) A bad inner child awareness will make someone give a bad response in interacting. This happens because the young inner child has not been able to process and direct their inner child in a situation and condition of communication. 2) A good inner child awareness will make a person also give a good response in interacting. This happens because teenagers are able to understand their inner child and position themselves in response to social conditions with the inner child they have.

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