The Role of Family Communication in Insecure Adolescents in the City of Bandung

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	ABSTRACT
Keywords: family communication; insecure teenagers; democratic communication patterns.	The phenomenon of insecurity is an issue that is often faced by today's teenagers, characterized by feelings of dissatisfaction with themselves and fear of the surrounding environment. The purpose of this study is to find out the role of family communication in adolescents who experience insecurity in the city of Bandung. This research uses a qualitative approach (Kriyantono, 2012), which investigates social phenomena that occur in humans. The results of the study showed that there was a relationship between feelings of insecurity and decision-making in late adolescence. Adolescents who experience insecurity tend to be hesitant in making their own decisions and often seek validation from others. This study emphasizes the importance of the role of communication in the family, especially democratic communication patterns, which have been proven to help adolescents overcome feelings of insecurity. The three main dimensions that contribute to feelings of insecurity in adolescents are failure or rejection, social anxiety, and the drive for perfectionism. The experience of failure or rejection causes adolescents to feel inferior and incapable in various aspects, which if it happens constantly, can increase feelings of insecurity. It can be concluded that family communication with a good pattern can help adolescents who feel insecure.

Introduction

Insecurity is a phenomenon that often occurs among teenagers at this time. Feelings of insecurity are characterized by fear or anxiety about the surrounding environment that can arise from dissatisfaction with oneself (Li & Wright, 2014). This can be interpreted as a feeling of insecurity. Insecurity is a mental condition that causes a person to feel insecure, anxious, and fearful excessively, which can occur in various Rahmah situations (2019). This feeling of insecurity and excessive anxiety will then lead to a lack of confidence. Communication in the family is usually one of the factors that affect the onset of insecure feelings. One example is when parents deliberately say harsh words,

physically insult and never appreciate the child's achievements. The importance of good family communication in improving the mental well-being of adolescents, adolescents whose level of family communication is low tend to have a higher level of insecurity (Soedjono, Fitriani, Rahman, & Wijaya, 2018).

The term insecure refers to inequality or anxiety about oneself that arises from feelings of dissatisfaction. (Zubaidillah & Nuruddaroini, 2021). This is a feeling of fear and anxiety about the surrounding environment that comes from self-dissatisfaction. In line with research conducted by (Mas Rahmah & MH, 2019), "insecure" is a mental condition that makes a person feel insecure, anxious, and afraid excessively, which can have an impact on various aspects of life. According to Abraham Maslow (1942), an American psychologist, in his work entitled "The Dynamics of Psychological Security", insecurity refers to a state in which individuals experience feelings of insecurity, see the world as a scary environment, and believe that the majority of humans are evil and selfish. Individuals who experience feelings of insecurity often experience loneliness, rejection, anxiety, sadness, guilt, inequality, and selfishness. In their view, efforts are being made to restore that feeling of security. A clinical psychologist, Melanie Greenberg, quoted in Psychology Today, stated that three factors can cause individuals to experience feelings of insecurity, namely failure or rejection, social anxiety, and the urge to achieve perfect standards.

Hurlock (2011) categorizes adolescent growth into three stages: early adolescence, which lasts between the ages of 12-15 years; middle adolescence, which occurs between the ages of 15-18 years; and late teens, which run between the ages of 19-21. At this stage, individuals are considered to have reached maturity and have a clear understanding of their direction and purpose in life. By learning from various experiences during this period, they form a new outlook on life with a mature mindset. In addition to physical changes, this phase also marks significant emotional and behavioral development. Therefore, adolescence is often considered a period of self-identity search for individuals.

Emotional development in adolescents, as described by Santrock (2017), is a complex transition phase from childhood to adulthood, in which significant changes occur in social, emotional, and cognitive aspects. Specifically from an emotional perspective, research shows that adolescents have difficulty developing social interaction skills, as evidenced by low levels of communication, the use of harsh words, the existence of hateful and vengeful attitudes, and a tendency to be prejudiced against newly known individuals. The impact of conflict on their social development is low academic achievement, lack of confidence, aggressiveness, low social acceptance, lack of independence, low cooperation, anti-social, social interaction communication that experiences obstacles, lack of sportsmanship, and solving problems with violence (Rifayanti, Sofia, Purba, Amanda, & Merary, 2022). They begin to seek self-identity and develop independence, while also building more mature relationships with peers and determining their social role as a man or woman (Doyan, Taufik, & Anjani, 2018). This process is often fraught with challenges, but it also provides opportunities for growth and learning that are essential for their personal and social development. The importance of

communication in the family to the emotional development of adolescents has a significant impact on their growth. Open, understanding and supportive communication can help teens feel more accepted and supported as they explore and discover their identity. It can also help reduce levels of insecurity and anxiety in adolescents. According to research conducted by the Department of Applied Psychology (2021), adolescents who experience good communication interactions in the family tend to have higher levels of confidence.

The American Psychological Association (APA) states that feelings of insecurity can result in mental health problems such as depression, anxiety, and stress that last for a long time. Adolescents who feel insecure often experience high levels of stress and have difficulty dealing with the pressures of daily life. The lack of space for discussion due to feelings of anxiety and insecurity can cause adolescents to make mistakes in making decisions, which can ultimately cause them to experience depression as a negative impact of feelings of insecurity. (Hedo & Katmini, 2022). This finding is also reinforced by the results of the Basic Health Research of the Ministry of Health of the Republic of Indonesia in 2018 which stated that 6.1% of the Indonesian population aged 15 years and older experienced depression, but only 9% sought treatment or medical care.

According to research conducted by (Ramadhana & Hussein, 2022) And the results of interviews with Dr. Amalia, a clinical psychologist at Boromeus Hospital in Bandung, found that around 80% of adolescents aged 17-21 years seek help to overcome excessive lack of self-confidence. The impact of this is the appearance of excessive anxiety and difficulty in managing their own emotions. Adolescents in this age range are considered to be entering a more mature phase, characterized by strong ambition and vitality. However, many of them have difficulty expressing their emotions, which causes them to tend to hide their feelings and not take full advantage of their potential. This study emphasizes the importance of understanding and handling insecurity problems in late adolescents so that they can develop their potential optimally. Help from a psychologist or mental health professional is considered to be able to help late teens cope with these problems and help them build a healthier sense of self-confidence. In addition, support from the community and the environment around late adolescents is also considered important to create a positive environment and provide space for healthy emotional expression, so that late adolescents can grow and develop optimally in psychological and social aspects. (Ramadhana & Hussein, 2022).

The purpose of this study is to find out the role of family communication in adolescents who experience insecurity in the city of Bandung.

Method

In this study, the author uses a research method with a qualitative approach. The qualitative approach is a research and understanding process based on a methodology that investigates social phenomena that occur in humans. Qualitative methods are used to achieve an understanding of how humans carry out their life processes, how to give meaning, and describe how humans can interpret their experiences (Sugiyono, 2017).

Therefore, this research was conducted through critical/descriptive analysis that involved collecting data/facts and deepening material to gain a deep understanding of insecure behavior in adolescents in the city of Bandung.

The phenomenological approach was chosen in this study because it aims to understand how individuals experience a phenomenon and what that experience means to the (Creswell, 2018). Phenomenology is suitable for this study because the researcher wants to describe the research subject clearly through the experiences experienced by informants related to insecure behavior. The phenomena described are based on real conditions, giving a naturalistic impression according to the phenomenological definition.

Research Subject

The subject in this study refers to the individual who is the source of data and information in a study. In the context of qualitative research, what is more important than the number of subjects is the quality of the information provided by them, not how much. Based on this description, the researcher chose a research subject for adolescents in the city of Bandung who experienced insecurity.

Research Object

The object of research refers to the entity to be researched or analyzed in a study. The object of research can be a specific issue or phenomenon, work, event, or even the result of an interview or survey. According to Suharsimi (in Ananda, 2021), the object of research is a central part of the research problem. The core part of the problem is the focus of the problem to be identified, analyzed, and researched. Therefore, it can be concluded that the research object is a scientific subject that is the target of analysis to obtain data and solutions to the problem being studied. The research object chosen by the researcher in this study is family communication in insecure adolescents in the city of Bandung.

Research Time and Location

a. Research Time

The study began in February 2024 and is expected to collect and analyze data from March to July 2024. During this period of time, it is hoped that this research will produce data that is in accordance with the situation in the field.

b. Research Location

Based on the subject and object of this research, the research will be conducted in the city of Bandung, West Java through in-depth interviews or focus group discussions with participants who have direct experience related to feelings of insecurity.

Research Analysis Unit

To be able to see the components or focus being studied, the researcher must determine a research analysis unit that can be in the form of a group, individual, object, or event background that is taken into account as the subject of the research (Hamidi in (Aisah & Soedarsono, 2022). The sub-analysis in this study refers to a more detailed data analysis process to understand the dynamics of insecure behavior in adolescents in the city of Bandung. In conducting a sub-analysis, researchers will identify, classify, and analyze various aspects related to insecure behavior. This helps to dig deeper into the

understanding of how and why feelings of insecurity arise, as well as their impact on the teen's life.

Data Collection Methods

Interview

The method of collecting data through in-depth interviews is often the main approach in qualitative research. Kriyantono (in Ardianto, 2014:132) explained that in-depth interviews are a data collection technique that is carried out directly through an intense and thorough face-to-face dialogue between researchers and resource persons to gather all relevant information or explore aspects that have not been previously revealed. In the in-depth interview process, the researcher and the resource person are involved in a focused discussion that does not deviate from the research topic, but the researcher needs to maintain neutrality and not judge the response of the resource person (Rojabi, 2019).

Study Book

The researcher uses the Literature study method to collect various materials and references that are relevant to the research problem. George (in Djiwandono, 2015: 201) revealed that a literature study is an effort to find information or the views of experts on a topic related to the purpose of research. The purpose of conducting a literature study is to ensure that scientific works have a solid and quality basis. The sources used as literature studies in this study include research journals, books, and internet articles.

The selection of research journals as one of the sources of literature study is carried out because these journals tend to have high-quality standards and have gone through an accreditation process both at the national and international levels. Meanwhile, books are chosen because they are usually intended for general readers so that the language used tends to be easier for many people to understand. Then, the internet is also chosen as a source of literature study because of its ease of access in finding the latest references and information. In today's digital era, the internet has become an indispensable source of information and is relied on by the public.

Data Analysis Techniques

Qualitative data analysis is an essential process for researchers in compiling and organizing data obtained through interviews, field notes, and documentation. This process is carried out to find certain patterns and categorize the data so that it is easier for readers and other researchers to understand, according to Sugiyono's explanation as mentioned by Aisah & Soedarsono (2022). The data analysis technique in the research "The Role of Family Communication in Insecure Adolescents in the City of Bandung" is a thematic analysis. In this technique, data obtained from in-depth interviews or focus group discussions will be compiled, organized, and analyzed thematically. Researchers will look for patterns that appear repeatedly in the data, be it in the form of words, phrases, or certain concepts related to insecure behavior. After the identification of patterns is carried out, the researcher will conduct an in-depth interpretation and analysis of the findings to understand more deeply the role of family communication in adolescents in the city of Bandung.

Results and Discussion

Supporting Informant Data 1

Bayu Rizky is the eldest of 3 siblings. Currently, Bayu has the status of a fresh graduate and is waiting for the time for graduation to look for job vacancies. Bayu has just completed his final project from Telkom University by taking the Communication Science study program. Bayu often experiences insecurity in terms of achievements. He often compares and feels insecure when he sees other people who are the same age as him but can get things that he has not been able to get. Meanwhile, in family communication, Bayu always receives support and support from parents, he considers that communication in the family is very active and open. Bayu's family communication often occurs through family WhatsApp groups, where they exchange stories and inform them of their situation, position, and others.

Table 1
Supporting Informant Data 1

Name	Bayu Rizky
Age	23 Years
Department/University	Communication Sciences/Telkom University
Parents	Shekinah
Interview Time	July 27, 2024 at 15.30 WIB
Interview Location	Google Meeting

Supporting Informant Data 2

Sarah is the eldest of 4 siblings. Currently, Sarah is a final student in Law at Parahyangan Catholic University. He had said that he often felt insecure about the lecture he was currently undergoing. Sarah often compares her achievements to those of her peers. As for communication within the family, he assessed that his communication with his family tends to be closed because his family still implements an authoritarian parenting style.

Table 2
Supporting Informant Data 2

Name	Sarah Naibaho
Age	22 Years
Department/University	Law/Parahyangan Catholic University
Parents	Ask Yuliana Siregar
Interview Time	July 25, 2024, at 19.30 WIB
Interview Location	Sarah Cost

Supporting Informant Data 3

Ceila is the first of 2 children. Currently, he is a fresh graduate and waiting for graduation time to find a job. Ceila studied D3 majoring in English at the Bandung State Polytechnic for 3.5 years. Often Ceila feels insecure when she sees that her peers have gotten things that she has not been able to get. Ceila assessed that communication in the family was very open because Ceila's parents always gave time and space for discussion.

Table 3
Supporting Informant Data 3

Name	Ceila Herliani Putri
Age	21 Years
Department/University	English/Bandung State Polytechnic
Parents	Leila Persian
Interview Time	July 26, 2024, at 19.00 WIB
Interview Location	Ceila House

Supporting Informant Data 4

Rizky Yasir is the eldest of 3 siblings. Currently, he is a fresh graduate from the Department of Communication Sciences at Pasundan University and is waiting for graduation. Rizky is also looking for a job while waiting for graduation time in November. Rizky often experiences insecurity regarding his achievements. He admitted that as a man he was very insecure when it came to his career. Meanwhile, Rizky assessed that his communication with his family tended to be closed and his parents' parenting style was very based on Islamic law.

Table 4
Supporting Informant 4

Name	Rizky Yasir
Age	22 Years
Department/University	Communication Sciences/Pasundan University
Parents	Hudaepah
Interview Time	July 27, 2024
Interview Location	Google Meeting

Expert Informant Data

Mrs. Septiani Ayu Nawangsari is a family clinical psychologist at a family learning center in Nganjuk Regency, East Java. He has been a psychologist since 2022. In addition to being a psychologist at a family learning center, she also became a psychologist and opened an online practice at WorkLife Balance Indonesia.

Table 5
Expert Informant Data

Name	Septiani Ayu Nawangsari, M.Psi.,
Age	28 Years
Interview Time	July 25, 2024 at 16.00 WIB
Interview Location	Google Meeting

After interviews with three key informants, three supporting informants, and one expert, the researchers managed to gather the necessary data for the study. Interviews are conducted both in person and via Zoom, with different schedules. All interviews were conducted according to the availability of informants to participate in this study.

In this section, the researcher will explain "The Role of Family Communication in Insecure Students in Bandung" Next, the researcher will explain the analysis of the results of the interviews that have been conducted.

Rejection or Failure

Rejection or failure is an experience that can be one of the factors for someone experiencing insecurity (Melanie in Science, 2022)
Bayu said that he once felt a failure in his environment which caused Bayu to feel insecure and made it difficult for Bayu to take action or decisions.

Rejection or Failure

Failure or rejection can be one of the causes of a person feeling insecure or insecure (Melanie in Imi, 2022). This can lower an individual's self-esteem and affect changes in attitudes and sentiments. In this study, adolescents often felt unsuccessful in their social environment. This is due to overthinking and fear that they will not be able to achieve their desires according to their expectations. As a result, late adolescents tend to be reluctant to try new things because of the more dominant shadow of failure and rejection.

This is felt by Bayu's informant, who often feels like a failure because when he is about to do something for the first time and does not meet his target, he immediately feels that he has failed. Meanwhile, informant Sarah feels that failure comes from her social environment which can achieve things faster than her, but this is triggered by a family communication pattern where her parents always have high expectations of her. However, this is not in line with the way of communication of Sarah's family who do not listen to Sarah's wishes and impose what they want, so Sarah does this without having a passion for it. Meanwhile, Ceila's informant feels like a failure when something does not meet her expectations. In line with Ceila's informant, Rizky also often feels like a failure when everything he does does not meet his expectations. From the perspective of parents as informants, they stated that they have tried to always discuss with teenagers before making decisions. They believe that understanding and getting to know children is an effective solution that parents can do to reduce adolescents' doubts when making decisions, to minimize the fear of failure or rejection.

Furthermore, this study found a new concept that shows a link between feelings of insecurity and decision-making in late adolescence. When teenagers experience feelings of insecurity, they tend to hesitate to make their own decisions because they are worried that the decision will lead to failure. As a result, they often seek validation and encouragement from others to feel more confident in their own opinions. This opinion was reinforced by an expert informant, Mrs. Nawang, who stated that teenagers who feel insecure tend to be hesitant in making decisions and often feel insecure when faced with situations that require choices. This causes when they are faced with a choice and experience doubts, it will be difficult to communicate by asking their parents' opinions.

So when they experience doubts but cannot communicate with parents who may provide good insight and when children ask for opinions from their friends who are not necessarily friends who give good opinions.

Ibu Nawang, a family clinical psychologist, also stated that failure or rejection can affect a person's self-perception. If adolescents often feel defeated and rejected, they may develop a perception that they have no value and think the world is evil to them, as well as feel insecure because they consider themselves unreliable and unable to rely on anyone. Therefore, the role of parents is very important to overcome this from an early age. Parents need to build consistent communication between mom and dad and provide affection and motivation. The goal is to help teens change their perspective and realize that they are valuable and have potential.

The Existence of Social Anxiety

Social anxiety can be one of the factors that cause a person to feel insecure (Melanie in Ilmi, 2022). This is due to the fear of being judged by others. This anxiety can cause fear that makes a person avoid social environments because they feel uncomfortable. In this study, the informants shared their experiences about the anxiety they experienced. Although the feelings of anxiety they feel vary, many experience them, especially in an academic context. Each informant also has a different way of coping with anxiety. Bayu chose to take a break from social media and do self-reflection, remembering the achievements that have been achieved to be grateful. Unlike Bayu, Sarah usually reads verses from her religious book to remind herself that everyone has their own time. Meanwhile, Ceila and Rizky prefer to keep themselves busy and interact with others, because according to them, the more alone they are, the greater the insecurity they feel.

In addition, feelings of insecurity can cause individuals to experience anxiety in communicating with others. This communication anxiety is also known as communication apprehension, which is a feeling of fear, nervousness, and anxiety when trying to communicate or interact with others. Based on the results of the study, a new concept was found that showed that social anxiety was related to family communication patterns. The communication pattern received can create positive relationships in adolescents. Research shows that communication between late teens and parents tends to be positive and open, which helps reduce feelings of insecurity in teens.

This is supported by the opinion of Nawang's mother, a family clinical psychologist, who said that during adolescence, parents need to establish communication more often because this is a crucial period for children to explore themselves. Even though teenagers can make their own decisions, parents still need to provide direction for those decisions. In addition to implementing positive communication, it is also important to give children the opportunity to make decisions. Parents must try to put themselves in the child's shoes so that they can understand what they are thinking and feeling. If communication in the family is not positive, for example, adolescents are rarely appreciated, often compared and not allowed to make their own decisions, this can make them insecure because they feel they have no control over their lives, so it can trigger feelings of insecurity in adolescents.

In a study by (Shobur, 2022), anxiety is considered a part of every individual, especially when faced with unclear and uncertain situations. Meanwhile, research by Imelia and Oxianus Jeffrey (2020) on family communication reveals that effective communication is characterized by understanding, which can generate fun, influence attitudes, improve good social relationships, and ultimately generate action. One of the important needs of a child is to have good and quality communication with parents. From this, it can be concluded that social anxiety can affect individual feelings and moods, so the role of parents is needed in building communication when adolescents experience anxiety.

Perfectionism Push

The urge for perfectionism can be one of the causes of a person feeling insecure. This feeling will arise when an individual sets very high standards in all aspects, but it turns out that the results obtained are not to his expectations. If this happens continuously, it will cause feelings of disappointment and a tendency to blame yourself when you don't achieve this. In this study, the four informants who experienced insecurity agreed that their feelings of insecurity indirectly made them perfectionists because they were afraid to receive criticism and opinions from others about themselves or what they were doing. This causes them to set their standards and maximize their ability to do things so as not to get criticism from others.

The study found a new concept that suggests that the drive for perfectionism can influence family communication patterns and foster feelings of insecurity in late adolescence. (Krisnana, Rachmawati, Kurnia, Ubudiyah, & Putri, 2021). This happens because of the differences in communication patterns between parents and children who come from different generations, which often makes parents have high expectations for their children. As a result, adolescents feel the need to meet these expectations, which then triggers feelings of perfectionism. From a parent's point of view, three of them argue that they do not place high demands on their children, although they admit that they have high expectations. They feel that every parent wants their children to be better in various ways and be proud. However, Celia's parents have a different view; They do not set high expectations or demands, as long as the child is willing to try, it is enough for them. (Lopez-Zafra et al., 2019).

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The research is supported by the opinion of Nawang's mother, a clinical psychologist, who states that to overcome feelings of insecurity, late teens often set very high standards for themselves to look perfect. To overcome this feeling of perfectionism, support from parents is needed who can explain so that the impact of feelings of insecurity is not more negative. In addition, the tendency to be a perfectionist can also stem from previous experiences where adolescents felt rejected by their environment when they were in the exploration phase. These experiences can form the tendency of perfectionism in adolescents.

Research published in the Journal of the Post (2023) also supports this view, showing that feelings of insecurity often make a person feel dissatisfied with their accomplishments. As a result, the individual tends to be a perfectionist and tries to perfect everything to feel satisfied. Therefore, it can be concluded that perfectionist tendencies indirectly contribute to the development of feelings of insecurity in adolescents.

The Role of Family Communication in Insecure Adolescents

Family communication is the initial foundation of the socialization process. Through observation and interaction with family members, individuals begin to learn about communication. In family communication, there is a pattern based on parental parenting. Differences in communication patterns in family communication, especially parent-to-child communication, also affect how children communicate with their parents.

In contrast to the communication pattern applied by informants Bayu and Ceila, informant Sarah considers that the communication pattern between her and her parents is authoritarian. This communication pattern tends to be controlling and has strict rules. So when Sarah's informant's insecure feelings began to bother her very much, Sarah was not free to convey these feelings to her parents. Where parents should be our first place when we need opinions and exchange ideas. However, unlike Mrs. Pinta's view as Sarah's mother, Mrs. Pinta feels open with her child and she considers that whenever her child needs a storymate, she will open a discussion room when her child needs it.

On the other hand, informant Rizky felt that his parents had an ignorant communication pattern, too liberating Rizky to do anything to the point where Rizky felt neglected by his parents. Based on the communication pattern carried out by Rizky's parents, Rizky's parents apply a permissive communication pattern, where parents who apply this communication pattern provide more independence to their children but tend to ignore their children. In line with the results of the study, where when Rizky was experiencing insecurity, he could not express what he felt because the response he got from his parents did not by his expectations, and finally Rizky's feelings of insecurity could not be overcome.

Based on the results of the research, it can be considered that the role of communication in the family is very important. But besides being important, parents must be able to choose and apply which communication pattern is best for their child. From the results of the research, the democratic communication pattern is the communication pattern that is best applied in family communication. Based on the results of interviews

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with the four informants who experienced insecurity, informants Bayu and Ceila were better able to overcome their feelings of insecurity.

This is supported by the opinion of Mrs. Nawang an expert informant who said that in family communication, parents must be able to provide an open discussion space to their children so that when children feel insecure, parents are the first place to discuss. This is also to prevent children from bad things that can come from others when the child cannot get comfort from his parents. Authoritarian communication patterns are communications that tend to hurt children, because in the opinion of Mrs. Nawang as an expert informant, this authoritarian communication pattern is a one-way communication pattern where parents always manage children according to their wishes only. This has a negative impact because when parents are not around, a child who experiences insecurity will be more confused in making decisions.

Morrison (in Nurunnisa, 2015) explained that meeting children's needs should be done in a family environment because parents' experience and guidance will shape children's lives. The family should ideally be a place where children get affection, protection, health, education, and even conflict that will enrich their experiences. Social interaction in the family does not happen out of nowhere but is driven by shared goals and needs among family members. Therefore, this interaction requires a good communication pattern.

Conclusion

Based on the results of research involving interviews, observations, and literature studies on "The Role of Family Communication in Insecure Adolescents in the City of Bandung," it can be concluded that family communication with a good pattern can help adolescents who feel insecure. Adolescents interpret insecurity as a feeling of insecurity and insecurity. The study identified three main dimensions that contribute to feelings of insecurity in adolescents: failure or rejection, social anxiety, and the drive for perfectionism. Based on the results of the interviews conducted, researchers found that the experience of failure or rejection felt by adolescents can cause them to feel inferior. This then continues with feelings of inadequacy in various aspects, and if it occurs continuously, can increase feelings of insecurity. For social anxiety, adolescents feel pressure from their social environment to meet certain expectations. These feelings cause fear, anxiety, and overthinking, which makes late adolescents avoid social environments because they feel uncomfortable. Lastly, the drive for perfectionism causes teens to set very high standards for themselves. When they feel incapable of achieving these standards, they experience feelings of insecurity. Indirectly, this feeling of insecurity makes late adolescents become perfectionists because they are afraid of criticism and other people's opinions about themselves. In addition, the study reveals new findings that show a link between feelings of insecurity and decision-making processes in adolescents. Teens who feel insecure tend to need validation and support from others to feel confident in their own decisions. They often seek opinions and encouragement from friends and

family to make sure that the choices they make are the right ones. The involvement of others in this decision-making process provides a sense of security and reduces the doubts they feel. These findings emphasize the importance of positive social and environmental support in helping adolescents develop confidence and independence in making decisions. As well as the family communication patterns accepted by late adolescents can also increase the chances of creating positive relationships with them. Based on the results of the study, communication between late adolescents and parents tends to be positive and open. This openness allows teens to feel heard and valued, which ultimately helps reduce feelings of insecurity. When teens feel comfortable talking to their parents about various issues and concerns, they are more likely to develop confidence and a sense of security. Open and supportive communication patterns create an environment where teens can share their thoughts and feelings without fear of being judged. This not only strengthens the relationship between adolescents and parents but also helps adolescents form stronger identities and confidence.

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