

The Effect of Parent-adolescent Relationship, Emotion Regulation and Demographic Factors to Sibling Relationship in Adolescence

Laila Atiqah¹, Rena Latifa¹ and Solicha¹

¹Faculty of Psychology, UIN Syarif Hidayatullah Jakarta, Jl. Juanda, No. 95, Tangerang Selatan, Banten, 15412, Indonesia

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Abstract: This study was conducted to determine the effect of parent-adolescent relationship, emotion regulation and demographic factors to the sibling relationship in adolescence. The subjects are 191 students of X Senior High School in East Jakarta. The result showed that there was a significant effect from variable parent-adolescent relationship, emotion regulation and demographic factors with significant value of 0.000 or $p < 0.05$ to sibling relationship. The result of minor hypothesis test that examines the effect of seven independent variable, there are only one independent variable significant effect to sibling relationship, that is the variable parent-adolescent relationship, while variable cognitive reappraisal, expressive suppression, gender, age spacing, birth order and family size does not affect to sibling relationship.

1 INTRODUCTION

Family is the most important part of life. In addition to parents or fathers and mothers, there are siblings who have an important role in our lives. Sibling relationships are the total of the interactions (physical, verbal, and nonverbal communication) of two or more individuals who share knowledge, perceptions, attitudes, beliefs, and feelings regarding each other, from the time that one sibling becomes aware of the other (Cicirelli, 1995). Sibling relationships is a unique relationship. Characterized by love, warmth, conflict and rivalry (Buist, Deković & Prinzie, 2013).

According to Cicirelli (1995) siblings can have a major influence on each other's lives. He also revealed that the influence of siblings in the socialization process can be stronger than that of parents. The presence of siblings can act as emotional support, friends communicate, even as rivals.

The siblings influence the development of each other when they act as social partners and role models. Between them can indirectly influence each other based on their impact on larger family dynamics such as acting as something that forms several components of the family structure, holding a position that suits the family, or weakening family sources (McHale, Updegraff, & Whiteman, 2012).

Lohmann (2014) states that there are three reasons why a healthy relationship with siblings is very important in life. First, friends may come in turns but siblings are friends who will not leave. You can say your relationship is one of the very long relationships that humans have. Second, your relationship is not made up and always is. Because we grow with them, with parents, memories and similar experiences. Third, the relationship with siblings is a unique relationship and cannot be found in other relationships.

Longitudinal research at Harvard University conducted since 1938 by monitoring the lives of two groups of men totaling 724 men, got the result that good close relationships are important to make us happier and healthier. Based on the study, happy people are people who rely on relationships with family, friends and community. The study also said that a good life is built with good relationships (Waldinger, 2017).

During a longitudinal study at Harvard University since 1938, research was also conducted on whether sibling relationships in childhood were predictors of major depression in adulthood. Based on these studies it was found that poor sibling relationships in childhood may be an important and specific predictor of major depression in adulthood. Respondents who had a bad relationship with their siblings in childhood were significantly more likely to experience depression in adulthood than those

who have a better sibling relationships (Waldinger, Vaillant & Orav, 2007).

Problems in sibling relationships that are most often found are rivalry, conflict and violence (Hegar, 1988). During adolescence, siblings often have disagreements. The phenomenon of sibling rivalry when handled well, a healthy competition among siblings will lead to the acquisition of social skills, interpersonal and cognitive skills essential for children's development. Conversely, if there is an error in handling sibling rivalry, it can cause psychological problems later on (Leung & Robson, 1991).

Furman and Burhmester in Cicirelli (1995) examined the quality of warmth and closeness, status and power, and conflict in sibling relations during late childhood and adolescence. Rivalry and conflict peak in early adolescence and decline in late adolescence. During this period, siblings showed a decrease in the intensity and involvement of relationships because more time was spent on peer relationships.

The quality of positive sibling relationships (such as pleasure, trust and understanding) decreases in adolescence and rises in adulthood. Conversely, the quality of negative sibling relationships (such as arguing and competition) increases in adolescence and decreases in adulthood. Mostly due to changes in adolescence to turbulence at the stage of life, and unpredictable emotions. It's difficult to accept changes in siblings behavior or personality. Whereas in early adulthood is associated with increased maturity and ability to accept each other.

Some studies found that changes in relation sibling relationship is marked by the increasing conflicts between siblings during early adolescence. As the subject progressed in adolescence, the level of conflict in siblings that had previously been high decreased and intimacy in sibling relations increased slightly or remained stable between the beginning and the end of adolescence (Oliva & Arranz, 2005).

In previous research (Furman & Buhrmester, 1985) examined the quality of warmth and closeness, status and power, and conflict in relationships siblings during late childhood and adolescence. Rivalry and conflict peak in early adolescence and decline in late adolescence. During this period, siblings showed a decrease in the intensity and involvement of relationships because more time was spent on peer relationships.

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In Indonesia, there were cases of mistreatment between siblings which resulted in the loss of one of their lives. One case that occurred in South Lampung in May 2017. An older brother killed his own sibling. The incident happened because both of them fought because their biological mother was abandoned by his brother (Kupastuntas, 2017).

Sindonews (2017) mentions another case related to the murder of a sister by her own sibling, namely murder which is allegedly a legacy problem. In September 2017 there were also cases of siblings taking the lives of their siblings because of the struggle for family land (Tribunnews, 2017). There were cases of fights between sister on November 11, 2017 which killed her brother. The fight happened because the older brother did not accept being reprimanded by his sister (Sindonews, 2017).

In Haibunda (2018) another case related to the murder committed by an older brother told his sister. The center of attention is the four-year-old brother and baby brother. The reason is that older siblings feel that mothers are more affectionate to their younger siblings, and that since his mother became pregnant many said things like that so that they became reinforcers of their actions.

Based on these cases, it is important to maintain the quality of sibling relationships.

Sibling relationships is the relationship of a person with relatives of both women and men who have one or both parents of the same (Kennedy & Volling, 2009). Sibling relationship are described as the most enduring family relationships, remain unique and influential regardless of their secondary interests (Bank & Kahn, 1997; Goetting, 1986 in Scharf, Shulman, & Avigad-Spitz, 2005).

The sibling relationship is described as an emotionally ambivalent feeling that is a pair of siblings who can become warm and also conflict. For many people, this is a combination of strong positive and negative emotions that make sibling relationships very important. Individual differences in positive and negative terms toward siblings are relatively stable in childhood and adolescence, although the average intensity and frequency of positive and negative interactions between siblings

decreases with age. (Deater-Deckard, Dunn, & Lussier, 2002).

Brothers or sisters who are able to support each other when stress can also be a source of actual stress can result in worse consequences (Deater-Deckard, Dunn, & Lussier, 2002). The sibling relationship is a lasting relationship, surviving from birth to old age, and longer than a relationship with a parent, spouse or child. In general, sibling relationship from birth to old age can play a beneficial role in the development and maintenance of social interactions that last a lifetime (Kennedy & Volling, 2009).

The sibling relationship includes helping, sharing, teaching, fighting, and playing. Siblings can also act as supporters, competitors, and communicating partners (Santrock, 2011). McHale, Updegraff and Whiteman (2012) state that sibling relationships are shaped by factors, ranging from children's characteristics to cultural norms and values.

The sibling relationships consists of four dimensions (Furman & Buhrmester, 1985) namely warmth / closeness is the extent to which a person is loved and accepted, relative power / status is the ability to shape, influence, or control the behavior of others, conflict is a fight or mutual resistance between siblings, and rivalry is competitiveness and jealousy between siblings.

According to Kennedy and Volling (2009) children with a sibling relationship warm and caring is usually more friendly and easy to share with their siblings. Siblings of the same sex have greater warmth and closeness than siblings of different sexes (Cicirelli, 1995). Warmth can be seen from the feeling, the number of contacts and the amount of your involvement. Siblings unusual conflict and high levels of conflict that could give a negative impression on family life (Kennedy & Volling, 2009).

Problems with competition usually begin at the birth of a second child, when caregiver / parent's attention is no longer focused on a single child, and can last throughout childhood and adolescence (Kennedy & Volling, 2009). Rivalry naturally develops when the eldest child fights for their mother's love (Adler in Furman & Lanthier, 2002). Rivalry reflects more competitiveness for limited resources such as attention, time, love and approval / acceptance.

The various factors affecting sibling relationships include parent-adolescent relationships and demographic (Furman & Buhrmester, 1985), emotion regulation (Kennedy & Kramer, 2008). This

research will conducted to determine the effect of parent-adolescent relationship, emotion regulation (cognitive reappraisal, expressive suppression) and demographic factors (gender, age spacing, birth order, family size) to the sibling relationship in adolescence.

Positive sibling relationship occur when adolescent have a warm and caring relationship with their siblings, usually when they are young they are friendly and share a lot and as they get older they can become competent teachers for their siblings. In addition, siblings can provide support to their siblings when they feel sad or hurt. Teaching younger siblings to express feelings and communicate emotions can help siblings develop positive relationships with each other.

While the negative sibling relationship occurs when the level and intensity of conflicts and high competition causing many losses. However, it is not always conflict and competition that affect negative sibling relationships, for example your competition to improve achievement and conflict can have the potential to learn how to manage conflict and regulate emotions in unpleasant situations. It required the help of their parents not to compare their children.

Parent-adolescent relationships defined as the interaction between parents and adolescent that include closeness, communication, and comfort (Somers & Vollmar, 2006). Cohesion and harmony in the interaction of parent-adolescent relationships appear to be related to a more positive sibling. In contrast, parental rejection is related to more aggressive behavior towards siblings and peers, while parent's unfair treatment is related to the development of higher ties between siblings. Another series of studies found that conflicting inter-parental relationships have negative effects on sibling interactions (Oliva & Arranz, 2005).

Parent-adolescent relationship describe togetherness, with both parties trying their best to understand the perspectives of others and integrating flexibility in the process of completion (Kapadia, 2017). Parent-adolescent relationship consists of a combination of behaviors, feelings, and expectations that are unique to certain parents and certain children. The relationship involves the overall development of the child (Gulhane, 2017).

Children who are secure in attachment to parents are reported to have more positive sibling relationships than those who feel insecure in parent-child relationships. In addition, positive parent-child relationships are associated with prosocial attitudes in positive sibling relationships. Whereas coercion

and overcontrol in parent-child relations correlate with aggressiveness and hostility in sibling relationships. Parents contribute to shaping the quality of the sibling relationship either directly or indirectly.

The sibling relationship will continue to be good when parents do not side with one child and give the same treatment. When children feel secure in their attachment to parents, the aspects of closeness, communication and comfort proposed by Somers and Vollmar (2006) will be seen. Children who have closeness to their parents, communicate intensively so as to cause comfort, the quality of their sibling relationships will be good.

In adolescence, in times when emotional fluctuations (up and down) take place more often. In adolescence, individuals maintain more emotional cycles. This new awareness can improve their ability to overcome their emotions (Santrock, 2007). Emotional development becomes adolescence with different contexts and contexts in the context of stress and process, which results in problems for people (Gentry & Campbell, 2002).

Emotional regulation is an individual's way of reducing the experience of negative emotions through behavioural control and mental control, involving a process of awareness and unconsciousness that can enhance experience and expression of positive emotions and reduce experience and expression of negative emotions (Gross, 1998). According to Gross (2007) emotion regulation is a strategy that is carried out consciously or unconsciously to maintain, strengthen or reduce one or more aspects of the emotional response, namely emotional and behavioral experiences.

The child's ability to regulate negative emotions in the context of siblings can be an important mechanism for reducing conflict between siblings and increasing sibling interaction. When children develop greater control over their emotional responses, they become better able to engage positively with siblings (Kennedy & Kramer, 2008).

Based on a large-scale survey by Bowerman and Dobash (Hegar, 1988) that the respondent's sex turned out to be related to the influence of siblings, more girls felt closer to siblings than boys, and boys and girls felt closer to same sibling. Numerous studies have shown sex differences in the quality of relationships. In general, they find that female partners tend to be more intimate, while between brothers are the opposite (Feinberg, Solmeyer & McHale, 2012).

Age differences also affect the way they react with each other. If the age difference between distant siblings, both of the same or opposite sex, looks a more friendly, cooperative, and loving relationship than if the age difference is close. Close age differences, regardless of gender, tend to increase disputes between them (Hurlock, 2000).

The position of a child as an older or younger sibling is related to the development of a number of personality characteristics. Usually the explanation of differences related to the birth order refers to the interaction between parents and the special position occupied by siblings in a family. In one study it was found that after the second child was born, the mother became more negative, loud, limiting, less time spent with the first child (Furman & Lanthier, 2002). The small number of siblings tends to produce more disputed relationships than the large number of brothers (Hurlock, 2000).

Hurlock (2000) mentions in his book that the small number of siblings tends to produce more disputed relationships than the large number of brothers. There are two reasons, first, if there are only two or three children in the family, they are more often together than the large number. Second, if there are many children, discipline tends to be authoritarian.

2 RESEARCH METHODS

Demographic information

The sample of this study was 191 participants. They were all student of X Senior High School, East Jakarta. 114 participants were Male and 77 were Female. Sample were taken by accidental sampling technique.

Measurements

Participants completed a brief demographic questionnaire which asked respondents to describe themselves (age, gender, siblings' age, siblings' gender, birth order and educational background). *Sibling relationships Scale*: The Sibling Relationships Questionnaire (SRQ). The SRQ has 54 item scales consisting of 5 points Likert scale models (1-5) covering four dimensions: warmth/closeness, status/power, conflict and rivalry (Furman & Buhrmester, 1985).

Parent-adolescent relationship scale. It measured using a Parent-adolescent relationships scale (Riada, 2015). This scale is based on 25 item scales consisting of 5 points Likert scale models (1-5) covering three dimensions: closeness, communication and comfort.

Emotion regulation scale. It measured using a Emotion regulation scale (Latifa, 2015). This scale is based on 19 item scales consisting of 4 points Likert scale models (1-4) covering two dimensions: cognitive reappraisal and expressive suppression.

Data Analysis.

Multiple regression analysis was the statistical procedure employed on the scores of each variables. We use SPSS version 21 to analyzed the data.

3 RESULTS AND DISCUSSION

The findings presented on tables below:

Table 1

Model Summary ^b									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.547 ^a	.299	.272	835.620	.299	11.136	7	183	.000

a. Predictors: (Constant), UKKELU, CR, URUTAN, JARUS, JK, PAR, ES

b. Dependent Variable: SRQ

Based on table 1 we can see that the acquisition of R square is 0.299 or 29.9%. This means that the proportion of variance of sibling relationships described by parent-adolescent relationships, emotion regulation (cognitive appraisal, expressive suppression), demographic factors (gender, age spacing, birth order, family size) in the study is 29.9%, while the remaining 70.1% is influenced by other variables outside the study.

The next step researchers analyze the impact of all independent variables on sibling relationships. The F test results can be seen in table 2 below:

Table 2

ANOVA ^a					
Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	5.443.232	7	777.605	11.136	.000 ^b
Residual	12.778.182	183	69.826		
1 Total	18.221.414	190			

a. Dependent Variable: SRQ

b. Predictors: (Constant), UKKELU, CR, URUTAN, JARUS, JK, PAR, ES

Based on the F test in table 2 it can be seen that the p value (Sig.) In the rightmost column is p = 0.000 with p value <0.05. Then the null hypothesis that states no significant influence of all independent variables on sibling relationships is rejected. That is, there are significant influences from parent-adolescent relationships, emotion regulation (cognitive appraisal, expressive suppression), demographic factors (gender, age spacing, birth order, family size) in predicting sibling relationships in adolescence.

The next step, the researchers see the regression coefficient of each IV, if sig <0.05 then the regression coefficient is significant which means that the independent variables have a significant effect on the sibling relationships. The regression coefficient of each independent variable to sibling relationships can be seen in table 3 below.

Table 3

Model	Coefficients ^a			t	Sig.
	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta		
(Constant)	25.914	5.267		4.920	.000
PAR	.541	.068	.533	7.962	.000
CR	-.034	.084	-.032	-.402	.688
ES	.025	.084	.022	.294	.769
JK	-.300	.604	-.032	-.497	.620
JARUS	1.367	1.280	.068	1.068	.287
URUTAN	.298	.695	.027	.429	.669
1 UKKELU	-1.618	1.257	-.083	-1.287	.200

a. Dependent Variable: SRQ

1. The parent-adolescent relationship variable has a regression coefficient value of 0.541 with significance of 0.000. This means that parent-adolescent relationships affects significantly predict sibling relationships. The positive direction shows that the higher the value of parent-adolescent relationships the higher the sibling relationships value.
2. The ‘cognitive reappraisal’ emotion regulation variables from significant other have a regression coefficient value of -0.34 with significance of 0.688. This means that cognitive reappraisal from significant others do not affect significantly to sibling relationships.
3. The ‘expressive suppression’ emotion regulation variables from significant other have a regression coefficient value of 0.025 with significance of 0.769. This means that expressive suppression from significant others do not affect significantly to sibling relationships.
4. The gender variable has a regression coefficient value of -0.300 with significance of 0.620. This means that gender from significant others do not affect significantly to sibling relationships.
5. The age spacing variable has a regression coefficient value of 1.367 with significance of 0.287. This means that age spacing from significant others do not affect significantly to sibling relationships.
6. The birth order variable has a regression coefficient value of 0.298 with significance of 0.669.

0.669. This means that birth order from significant others do not affect significantly to sibling relationships.

7. The family size variable has a regression coefficient value of -1.618 with significance of 0.200. This means that family size from significant others do not affect significantly to sibling relationships.

Based on the results of testing the hypothesis, the results showed that there was a significant effect of parent-adolescent relationship, emotion regulation (cognitive reappraisal and expressive suppression) and demographic factors (gender, age spacing, birth order and family size) on the sibling relationships in adolescence. The results of the study based on the regression coefficients of each independent variable indicate that there is a significant influence of parent-adolescent relationship on the sibling relationships in adolescence. In contrast to the variable cognitive reappraisal, expressive suppression, gender, age spacing, birth order and family size, all of these components do not have a significant effect on the sibling relationships in adolescence.

In this study, variable parent-adolescent relationship has a significant effect on the sibling relationships in adolescence. These results are consistent with previous research (Oliva & Arranz, 2005) which states that there is a link between cohesion and harmony in parent-adolescent relationship with more positive sibling relationship. This result is also consistent with previous study (Furman & Buhrmester, 1985) that the quality of parent-adolescent relationships tends to influence sibling relationships. It can be concluded that adolescents with high parent-adolescent relationships tend to have good quality sibling relationships. Because adolescents with high parents-adolescent relationships have good parenthood, intensive communication and are comfortable around parents so that there is no jealousy or unfair treatment given to adolescents and siblings that cause conflict or rivalry between siblings. In addition, if the relationship of high parents-adolescent can understand the reasons parents for different treatment, perceptions of justice and family values (McHale, Updegraff & Whiteman, 2012).

Cognitive reappraisal and expressive suppression dimensions of emotional regulation variables in the results of this study did not have a significant effect on sibling relationship. The results of this study are not in line with the previous

research (Kennedy & Kramer, 2008) that the ability of children to regulate negative emotions in the context of siblings can be an important mechanism to reduce conflict between siblings and increase sibling interaction. The results of this study are that when children develop greater control over their emotional responses, they become better able to engage positively with siblings.

Cognitive reappraisal dimension in this study is not significant because it can be caused by high school X adolescents who have not been able to try to reduce the influence of negative emotions from an event by changing their perspective. So if there are negative emotions that are influenced by their siblings, high school X adolescents have not been able to try to reduce the influence of these negative emotions and change their perspective. The dimension of expressive suppression in this study is insignificant, it can be caused by high school X adolescents who have not been able to suppress their emotions by diverting attention, seeking distraction, to avoid giving attention to the problem. So that if high school X adolescents experience conflict with their siblings are still focused and have not suppressed their emotions by deliberate action.

Although in this study specifically the cognitive reappraisal and expressive suppression dimensions did not have a significant influence on sibling relationship, it may indicate that emotional regulation capabilities were not enough, but because of the significant relationship between parent-adolescent relationship, sibling relationship also will remain intact.

Gender, age spacing, birth order and family size dimension of the demographic factor variables on the results of this study did not have a significant effect on sibling relationship. The first dimension of demographic factors is that gender does not have a significant influence on sibling relationship. This is not in line with previous research (Feinberg, Solmeyer & McHale, 2012) which states that gender differences significantly influence sibling relationships. Age spacing dimension does not have a significant influence on sibling relationship, this is not in line with Hurlock which states that if age differences between distant siblings, it appears that sibling relationships are more positive, whereas if a close age difference tends to increase disputes between siblings (Hurlock, 2000).

Birth order dimension does not have a significant effect on sibling relationship, this is not in line with previous research (Oliva & Arranz, 2005) which states that older siblings are less at odds and younger siblings tend to maintain a level of intimacy.

Dimensions of family size do not have a significant influence on sibling relationship, this is not in line with previous research (Furman & Buhrmester, 1985) that differences in power in sibling relationship are influenced by family size.

Overall the results of this study, the authors found that there are some differences with previous studies. This may be due to differences in the age of the sample and cultural influences. Previous studies used age samples of children and there was a significant influence of parent-child relationships, emotional regulation and demographic factors. The role of parents in establishing emotional regulation ability in childhood is very important, because the results of this study indicate specifically that the emotional regulation of adolescents does not have a significant influence on sibling relationship, because of the strong influence of parent-adolescent relationships.

Cultural differences may also contribute to different results from previous studies. In this study, the sample was an East Jakarta High School X adolescent who was an Islamic school, which applied Indonesian culture and Islam that prioritized courtesy and respect for older people. So that rivalry between siblings and conflict is low and the quality of sibling relationship tends to be good because of cultural and religious influences.

The author suggests that further research can be examined with different respondents. In addition, the authors also suggest further research examining the influence of other variables so that the wider picture of the research. For example testing variable predictors of parent-adolescent relationship. In addition, further research is recommended to take samples in several places so that sample variability is more likely to be analyzed further.

It was found that parent-adolescent relationship has a significant influence on sibling relationships. In this case, parent-adolescent relationships are needed. Especially in the aspect of closeness, communication and comfort. Because communication is the main key in every relationship. If communication between parents and adolescent is well established, then adolescent will be more open so that a sense of comfort arises.

Comfort with parents can make people feel a lack of attention, recognition, understanding, respect, affection, trust and time are provided. So that individuals can understand the reason for their parents' treatment of themselves or their siblings and do not cause conflict or competition with their siblings. Thus, it is recommended for parents to increase closeness, communication patterns and

children's comfort towards themselves so that the quality of the relationship with their siblings can be more positive.

4 CONCLUSIONS

The conclusion from this research is that there is a significant effect of the variables of parent-adolescent relationship, emotion regulation (cognitive reappraisal and expressive suppression) and demographic factors (gender, age spacing, birth order and family size) on the sibling relationship. Regression coefficient test results for each independent variable showed that the seven variables tested were parent-adolescent relationship, cognitive reappraisal, expressive suppression, gender, age spacing, birth order and family size. There was one independent variable that significantly affected sibling relationships. The variables that significantly affect sibling relationships are parent-adolescent relationships.

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