

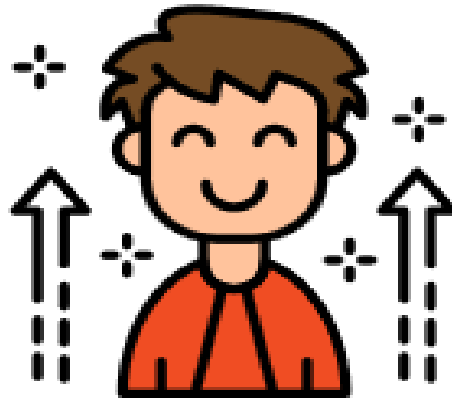
INDEPENDENCE AND INTERDEPENDENCE



Learning Objectives



Examine
independence



Experience learning
about autonomy
dimensions



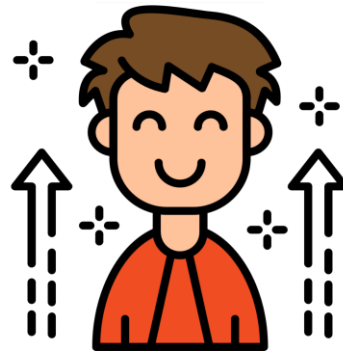
Foster critical
thinking in
learning

INDEPENDENCE

Independence represents a form of autonomy, determined by how much adolescents depend on others and who governs their behavior or goals. It consists of:



Behavioral independence:
Making more independent choices in personal area (e.g. choosing clothes, friends)

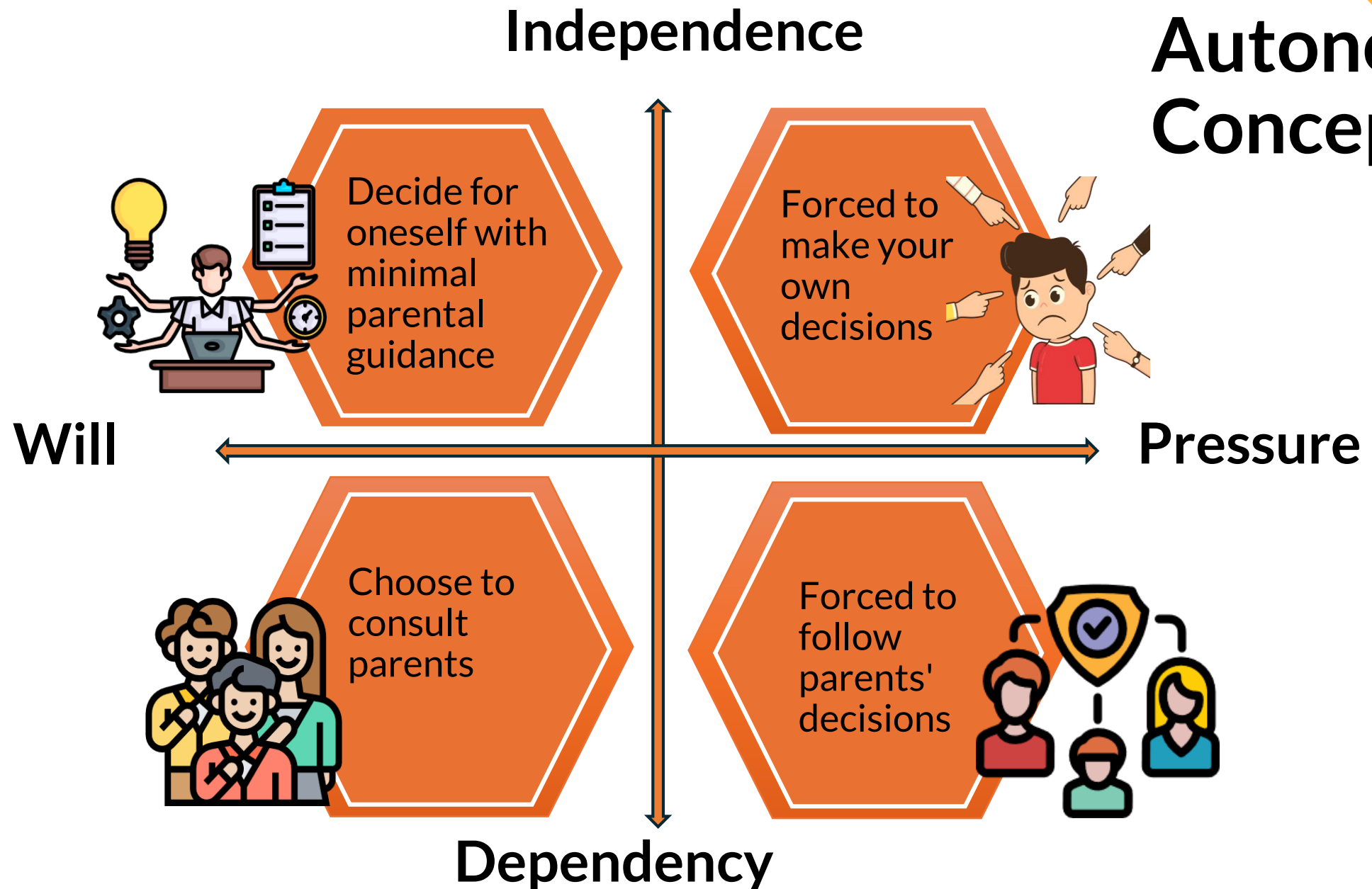


Emotional independence:
Less reliant on parental approval and emotional assistance



Functional independence:
Capable of managing daily tasks independently.

Autonomy Concept



Autonomy Concep

**Will
Independence**



Understand
your identity
and desires.

Will Dependency



Appreciate and
value parental
perspective.

**Pressure
Independence**



Parents believe it's a
personal matter and
should be their own
decision.

**Pressure
Dependency**



Parents believe they
know what's best.

Volitionally Autonomous Youth Tendencies



Take initiative,
explore different
options and
lifestyles, live more
independently

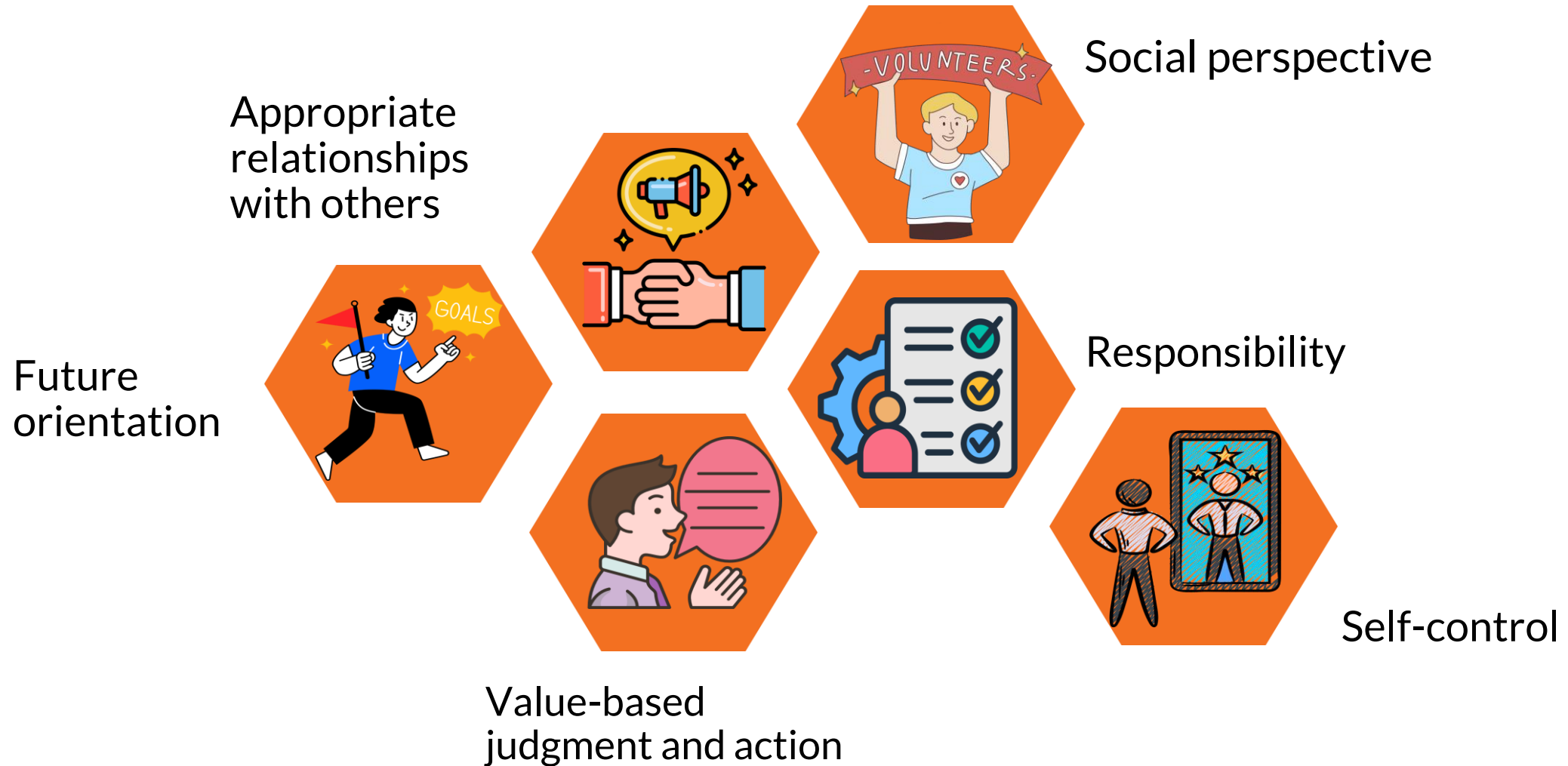


Have more space to
express their
choices, values and
interests



Demonstrate better
adjustment and well-
being

Kosaka and Toda (2006) suggested six factors of psychological independence:



Stages of Development Toward Independence



Early Youth (9-13 years old)

Initiate the transition from childhood by pushing boundaries.



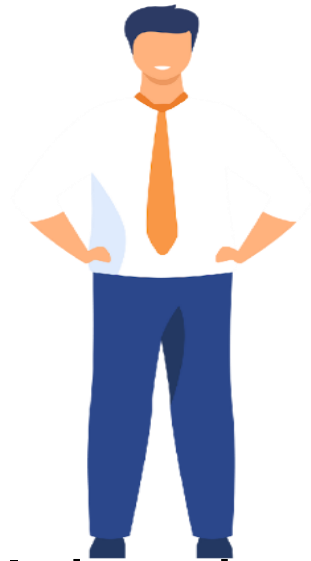
Middle Youth (13-15 years old)

Develop a "family" of peers.



Late Youth (15-18 years old)

Prepare to become an adult with more freedom.

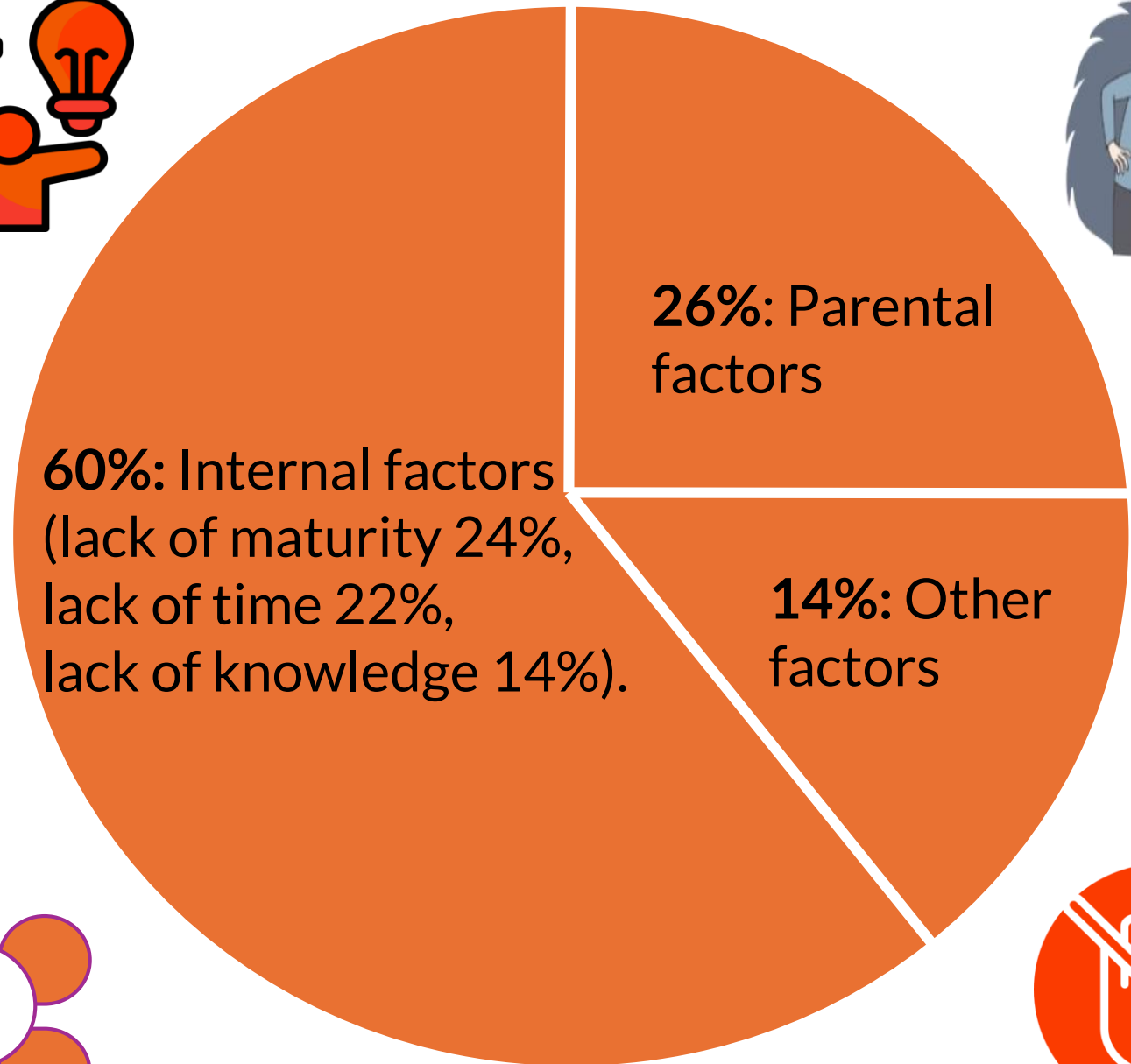
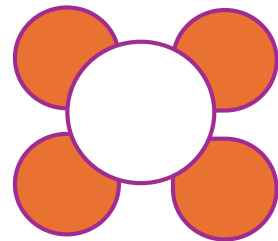


Independent Trial

Train full independence with parental support.



Characteristics inhibiting independence



Views that prevent adolescents from being dependent on others, as well as not providing support to others because they do not want anyone to be dependent on them.



Refuse to depend on people because they think this makes them feel silly and weak

Forget that people do not automatically become independent when they grow up, but must go through a learning process.



Put too much pressure on yourself to hurry up and get going



The Relationship between Independence and Dependence



Humans are social creatures. The relationships we have in life provide a sense of comfort and support and enable us to contribute positively in society.

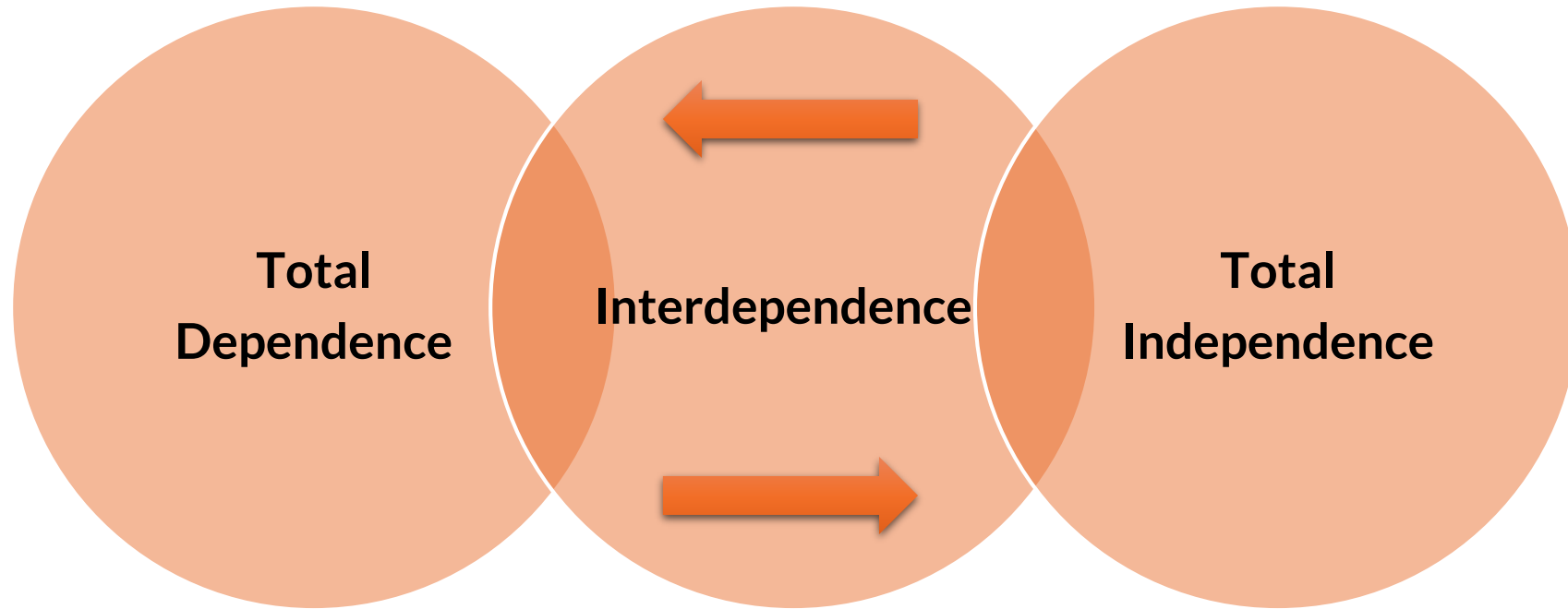


It is important to realize that we will always depend on others (to some extent) and others will always depend on us.



Humans need to strike a balance between being independent and being dependent on others.

The Balance Between Independence & Dependence

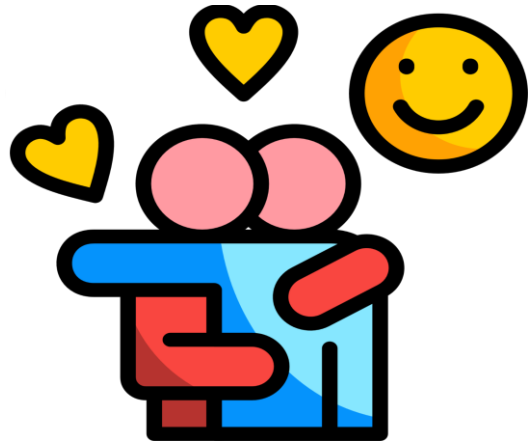


Individuals rely on others completely without attempting to resolve themselves

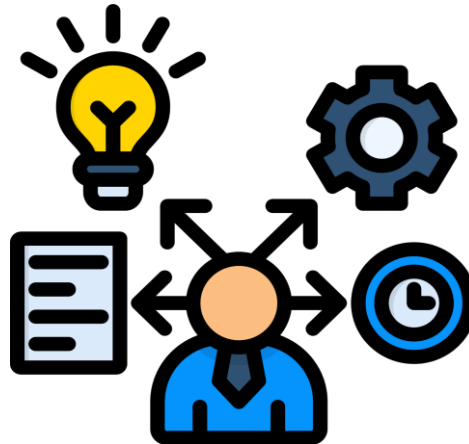
Interdependency

Individuals try to solve by themselves without any help at all

Interdependence



Definition: Share dependency with people in our support network.



It is a position towards independence and dependence that is considered healthy.

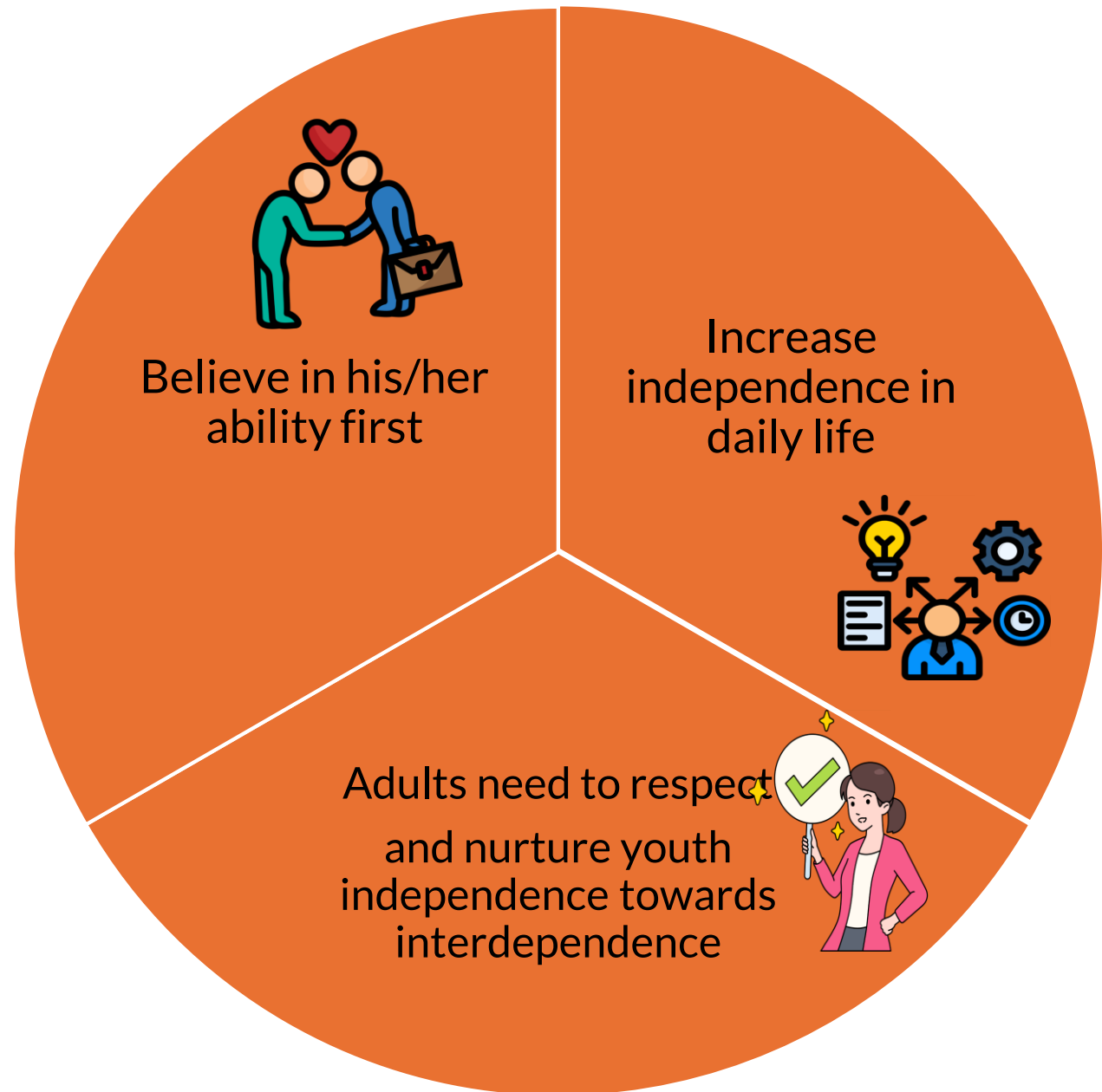


Individuals use their abilities to solve challenges and do not hesitate to ask others for help when needed.

Seven Dimensions of Interdependence



How to Achieve Interdependence



World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS), ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

KOICA
Korea International
Cooperation Agency

KDS Korea Institute for
Development Strategy

RE:BACH
international

World Vision



Wahana Visi Indonesia

www.wahanavisi.org



@wahanavisi_id