

# Experiences of Teenagers Spending the Night Hanging Out at Coffee Shops: A Phenomenology Study

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**Keywords:** Teenagers Experience, Hanging Out, Coffee Shop.

**Abstract:** Adolescence is a phase of childhood development between the ages of 10 to 19 years. This phase is triggered by biological, psychological, and social changes during that period. Hanging out is a familiar trend for teenagers, during which they spend time with friends or peers to relieve stress from daily routine satieties. There are various entertainment spots such as nightclubs, cafes, parks, and coffee shops. *Giras*, a so-called coffee shop, became a favorite place for teenagers to hang out. The purpose of this study was to explore the emotions of teenagers hanging out in this kind of coffee shop. This research was a phenomenology study that invited seven participants, selected using inclusive criteria. The data were collected through in-depth interviews and field notes. Five themes emerged in this study, including feelings, lifestyles, reason for hanging outs, negative impact, and positive impact. Hanging out was found to be a resource for happy, relaxed, and comfortable feelings. The impact that teens experience when hanging out is more dominant and dangerous regarding negative impact.

## 1 BACKGROUND

Hanging out with friends has become a trend among young people; it is a way to spend their leisure time. Teenagers who have negative experiences in school and within their family see this trend as a way to relieve stress (Mahoney, 2004, Veenstra, 2010). *Giras* or street-vendor coffee shops are one of the favorite places for these teenagers. Eight out of ten teenagers love to hang out at these places until late at night (Nidyastari, 2008). Unfavorable behaviors such as smoking, hanging out with the opposite gender, wearing inappropriate outfits, and the use of harsh words become normal. If this continues it will lead to maladaptive behavior.

An interview in Kelurahan Kota Bangun Kutai Kartanegara suggested that there are more than 40 *Giras*'s open 24 hours a day and most of their visitors are teenagers. The local authority claims that they have already warned the *Giras* owners to limit their opening hours. However, many of the owners refused to do so. Community leaders in the village of Bangun Town also appealed to the teenagers not to hang out at the shops late at night, but the teenagers ignored the appeal. In 2016, the Kota Bangun Kutai Kartanegara Police Station closed a

24-hour coffee shop that was raided for drug dealing and prostitution.

Data from BNN 2012 shows that hanging out at night can increase juvenile delinquency (BNN, 2012). The presence of the coffee shop has the potential to become a place of introduction for teenagers. The existence of a shift in the norms of adolescent life affects psychosocial development of Hanging out has become a feature of puberty that is used by peers and has inherently become a joint activity (Siennick and Osgood, 2012). Therefore, researchers want to deepen their understanding of teenagers' experiences when hanging out in the coffee shop at night.

## 2 METHODS

Qualitative research with a phenomenological approach was conducted at the coffee shop of Kota Bangun Village Kutai Kartanegara Regency. A total of seven teenagers were selected using a purposive sampling technique.

Data collection was carried out through in-depth interviews with the aid of a recorder and field notes, then verbatim validation, and transcripts given to the

participant. Data analysis was done by transcribing the interviews, compiling and scanning materials, then defining themes, keywords, categories, and sub-themes.

### 3 RESULTS

Participants lived in Kota Bangun Village, Kutai Kartanegara regency. Bangun City is a sub-district located in the hinterland of Kutai Kartanegara Regency, East Kalimantan. Bangun City is known for its fish cracker production because some residents utilize the Mahakam river as fishermen. Bangun City also has many trees and rice fields, so the air feels cool. Some roads are made of rock and others are paved. The village of Bangun City has many places to hang out and one of them is a coffee shop. Some visitors of the coffee shops in Kota Bangun are teenagers.

The seven participants included five men and two women, with age range between 14 until 16 years, with the classification of early adolescent and middle adolescent. The participants follow the Islam and Catholic religions. All participants come from the Kutai Tribe and are still studying at Junior High School (SMP). The last education of the participant's parents varies; there are four parents that only went to elementary school, two parents who went to junior high, and one parent who went to high school. The occupations of the parents are also diverse: two fishermen, four farmers, and one laborer. The length of time hanging out varied between participant at one to two years. Their schedule is also varied, every night, three times a week and once a week.

The results of this study identified five themes. teenagers' feelings, teenagers' lifestyles, the reason for hanging out, negative impact, and positive impact for teenagers, as seen in the following chart.

#### Theme 1: Teenagers' Feelings

A feeling is a state in an individual, because of what he or she has experienced or perceived (Chaplin, 1972). Feelings experienced by individuals (teenagers) as pleasure or displeasure may vary at different levels (Walgito, 2002).

Based on the interviews, the participants experienced happy, relaxed, and comfortable feelings. Three participants expressed happiness, and two participants expressed comfort while hanging out in a coffee shop at night.

*"... hanging out with friends, I'm happy, better than in the home ..."* (R4)

*"... how can I explain it? The burden I felt in the house is like gone ..."* (R2)

*"... nothing special, talk with friends ..."* (R3)

*"... nothing special, relaxed, I am an ignorant person, so I do not really care about others' lives ..."* (R4)

#### Theme 2: Teenagers' Lifestyle

Lifestyle describes how a person lives and how big their moral values are in society and the surrounding environment (Chaney, 2009). During the interviews, participants stated that the coffee shop was not only used as a place to hang out, gather with friends, and drink coffee, but was used as a place to make money. They do negative things to get money, even sell themselves. Teenagers do that with the excuse of making money so they can follow their lifestyles. Here are the transcripts of the participants:

*"... I am looking for a lot of money too here ..."* (R4)

*"... you know, there are lot of adults here, you also know how society and economy demands, that also made me do that thing ..."* (R4)

*"... economic demands, my parents do not work, I make my own money. I also want to follow my friends' lifestyle ..."* (R5)

*"... my friends are wicked, I have three girlfriends that are really naughty; they usually sell themselves with a man that has a lot of money..."* (R5)

Demands to follow such lifestyles make teenagers do anything to get what they want. Financial reasons are stated, such as the participant's parent who is not working, while the participant wants to follow the trend like his peers. It was clear while conducting this research that teenagers realize that it is a bad thing, but they do not care about the impact or any negative perceptions of the surrounding community. Teenagers are only concerned with things that meet their needs and lifestyles.

#### Theme 3: Reasons for Hanging Out

The results of the research indicate that teenagers spend the night hanging out at the coffee shop to try something new or when they are invited by friends.

One of the most important aspects of adolescent growth is the development of their social life. Problems occur in adolescents' social development because teenagers cannot yet carry out the task

relating to their social development. Teenagers must fulfill their duties such as assignments at school, but on the other hand, the task is so difficult that they need to interact with their peers, classmates, and family in a social environment (Santrock, 2007).

Peers are a very influential factor in adolescence, as teens spend most of their time with them. During adolescence, relationships with peers increase dramatically and while the relationship with their parents also decreases dramatically, even though a family is one of the important social contexts for individual development, adolescent development is also strongly influenced by what happens in other social contexts. Factors that influence the development include imitation, suggestion, and sympathy. The imitation factor is the impulse to imitate others, for example, in terms of behavior or how to dress. Suggestion is a factor that influences psychological whether they can be accepted without criticism (from themselves or from others. The sympathy factor is the feeling of being attracted to others (Santrock, 2007).

#### Theme 4: Negative Effects

Teenagers stated that hanging out in the coffee shop made them tired, and they were often sleepy and lacking focus during lessons. They also often sleep when the lessons begin. Teenagers say that they were often reprimanded by the teacher for sleeping in the classroom; they received punishment, but it did not deter them. For teens, hanging out becomes a compulsory and routine activity, regardless of the impact.

In this study the negative impacts that teenagers experience when hanging out in a coffee shop are the impact on schooling, trying drugs, and drinking, as described in the following transcripts:

*"... I still come to school: I get up, shower quickly then go to school, but I am so sleepy at school ..."* (R1)

*"... sometimes I feel sleepy, so when the lesson begins I am searching for a chance to take a nap..."* (R2)

*"... sleepy, if the teacher is not strict I can sleep during the class ..."* (R3)

*"... so sleepy, not really pay attention to the teacher, I just want to sleep..."* (R4)

*"... for example, drug transactions. I am still a kid, so they do not offer the drugs to me ..."* (R1)

*"... sometimes there are friends who invite me to drink alcoholic beverages ..."* (R2)

*"... the boys mostly drunk or took drugs ..."* (R4)

*"... mostly to have some entertainment, get a woman also place for hanging out and take alcoholic beverages..."* (R4)

#### Theme 5: Positive Effects

The research found that the positive impact that teenagers experienced when hanging out at night was their social relationships. Social relationships are mutual relationships between individuals that influence each other based on their awareness. Individual social relationships develop because of the urge of curiosity regarding everything around it. Social relationships are defined as the way individuals react to people around them and how the relationship affects them (Pendidikan, 2014).

Factors that affect social relationships are communicating with others to achieve their desire, building a family, and the desire to survive in life, especially when facing a problem. Positive effects that teenagers experience are social relationships such as getting together, chatting, making new friends, and sharing experiences.

In this research, teenagers said hanging out is a way for them to socialize, make new friends and new experiences, but, on the other hand hanging out can have negative effects such as staying up late and wasting time. Teenagers are more concerned about their social relationships than the negative effects they will experience.

## 4 DISCUSSION

The joys that teenagers feel include stress relief, the feeling of freedom, making new friends, and sharing experiences. Teenagers think hanging out at the coffee shop until late at night is one way to be free from home and school assignments. Teenagers also feel bored and surfeited with monotonous routines such as going to school, doing homework, and an early bedtime. Teenagers want to find other activities that are more fun. Teenagers express happiness outside the home because they feel uncomfortable and stressed while at home because their parents are not cooperative with their children. They are less concerned and do not want to know about their children's activities. This relates to poor communication, which happens because parents have less time for their children so the children, moreover teenagers, spend more time outside the house with their peers (Sharif, 2011).

Factors affecting lifestyles are comprised of internal and external factors (Nugraheni, 2003).

Internal factors include attitude, experience, observation, personality, self-conception, motivation, and perception. External factors include reference groups, family, social class, and culture. Teenagers need good guidance from their families and from the environment. Teenagers that are experiencing puberty will continue to seek their identities until they discover their true self. Their true self becomes linked to a certain individual behavior. Teenagers searching for their self-identity can be guided by families and the environment, whether in school, or outside school. Family guidance is done by notifying the limits of norms that apply to a religion or society. Guidance in school can be provided through lessons about morals, norms, and puberty. Outside school, environments can also affect a teenager's behavior because of their good environment (Potter, 2005).

The role of teenagers' peers is mainly related to attitude, speech, interests, appearance, and behavior. Failure to develop relationships with peers and lack of parental support will lead to identity doubts, an inability to identify future careers, and a lack of confidence (Yusuf Ah, 2015). There are system and group norms that become an agreement in friendship. The negative influence of social interaction in friendship often leads to aberrant behavior that is juvenile delinquency. Great curiosity and wanting to gain recognition from peers can influence a teenager's judgment and decisions about his or her behavior. Although adolescents have reached a complete stage of cognitive development to determine their own actions, adolescent self-determination can still be affected by peer pressure (Santrock, 2007).

Peers play an important role, especially towards attitude, speech, interests, appearance, and behavior. If one of the group members tries negative behaviors, such as cigarette smoking, alcohol drinking, and drugs, then the others will copy. This shows that peer influence in the development of social relationships is very strong. Teenagers that tend to mingle with peers who often drink and use drugs will be very susceptible to follow their lifestyle. Although it is not definite that teens will follow their friends' lifestyle, it is inevitable that adolescence is still in an unstable state, both in thought and within the principle of life.

When the research was conducted, an adolescent stated that coffee shops were often used as a place for drug transactions. Coffee shop owners knew this, but the owner let the drug dealer sell the drugs to visitors because it is a regular place for drug transactions. This coffee shop was also used as a

place for teenagers to drink alcohol until they were drunk. Teenagers say that they were often reprimanded by the surrounding community because of their bad behavior, but they did not care about being admonished by the community.

The research found that maladaptive behavior leads to risky behavior. Adolescence promotes a rapid change in biological, psychological, and social development. This requires a change in adolescent behavior to adjust to their current condition. The process of adjustment can take place without any problems if the teenager can recognize themselves and have sufficient social support. Both are important to play a role in adolescent adjustment, but some teenagers may experience problems. The problems usually begin with risky behavior that can lead to psychosocial problems, either personal or social. In Indonesia some teenagers are known to be involved in risky behaviors regarding mental health, such as speeding up and causing accidents, violence, brawling, bullying, violence in a relationship, unplanned pregnancy, risky sexual behavior, being exposed to sexually transmitted diseases such as hepatitis and HIV-AIDS, smoking and alcohol abuse at an early age, and the use of marijuana and other addictive substances. Teenagers' risky behavior makes them often labelled as troubled teenagers and they are treated negatively by their social environment. The risky behavior is a form of behavior that can harm the health and well-being of teenagers and harm others.

## 5 CONCLUSIONS

Results of the research indicated that teenagers felt happy, relaxed, comfortable, relieved their stress, and enjoyed feeling free. It becomes a bad thing because, during adolescence, there should be a sense of happiness to gather with family members. Meanwhile, the negative impact felt by teenagers is relates to being tired, drowsiness, lack of focus, drugs and drinking, and making money by selling themselves. The positive impacts on teenagers were improving social relationships, such as getting together, meeting new friends and sharing experiences with peers.

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