Exploring the influences of surrounding environments on students' habits

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Abstract

Acknowledging that students are intricately woven into diverse physical, social, and cultural fabric forms, this study aims to explore the multifaceted impact of the surrounding environment on the habits of students. This study employed a correlational research design to investigate the relationship between the family environment (X1) and the school environment (X2) on students' habits at IBC School Makassar (Y). The study conducted a comprehensive approach encompassing academic and non-academic habits to provide a nuanced understanding of the intricate. Through a correlational design, the study analyses various environmental factors, including home environment and school environment. By analyzing the impact of these variables on the routines of students, the study seeks to discern recurring trends and associations that facilitate the formation and reinforcement of particular conduct. The population of this study was students at IBC School Makassar in the academic year of 2023/2024. The researchers selected 1 class of 10 students as samples of the study. The data was collected through the distribution of questionnaires regarding the students' habits, familial environment, and school environment. According to the research findings, the assertion that family and school environments have a one hundred percent impact on students' behaviors at IBC School Makassar is a strong statement. Both family and school environments play pivotal roles in shaping student behavior. The interplay between these two environments is crucial for the holistic development of students.

Keywords: *family environment; school environment; student's habit*

INTRODUCTION

Each parent must know the impact of child development and growth on child psychology. Parents play a crucial role in ensuring that their children meet their psychological requirements, which are fundamental necessities, and children receive the most profound moral education within the home. This is essential to optimize the child's holistic development, encompassing intellectual growth, emotional maturity, and moral maturation. Parents provide the most intimate context for nurturing and protecting children as they develop their personalities and identities (Rani, 2023; Steinberg & Silk, 2002). This includes offering love, acceptance, appreciation, encouragement, and guidance. Such support is vital for the child's physical, cognitive, emotional, and social development. Brighouse

and Swift (2006) state that babies whose needs are met quickly and warmly achieve a crucial developmental task known as attachment, which is necessary for a healthy parent-child relationship.

Essa & Burnham (2019) highlights three critical aspects of early childhood development that significantly influence child psychology: physical growth and development, cognitive development, and social, cultural, and emotional growth and development. Each area shapes a child's overall development and future well-being. Physical growth and development, cognitive development, and social, cultural, and emotional growth and development are crucial areas that collectively shape a child's overall development and future well-being (Palaiologou, 2021). Physical growth and development involve changes in size, height, weight, and motor skills, which are influenced by factors like nutrition, genetics, and physical activity. This aspect of development is essential for the maturation of bodily systems and the ability to perform physical tasks (Manners, 2019). Physical development in early childhood involves rapid changes in the body and brain, which are essential for motor skills and overall health. Proper nutrition and physical activity are crucial during this stage to support healthy growth and prevent developmental delays. Physical development in early childhood involves rapid changes in the body and brain, which are essential for motor skills and overall health. Proper nutrition and physical activity are crucial during this stage to support healthy growth and prevent developmental delays (Bouchard et al., 2012).

Cognitive development encompasses the growth of mental processes such as thinking, learning, problem-solving, and language skills. It is shaped by environmental factors, interactions with caregivers and peers, and educational experiences, all of which are vital for acquiring knowledge and developing reasoning abilities. Goswami (2019) stated that cognitive development in children encompasses the maturation of mental processes such as thinking, learning, problem-solving, memory, and language acquisition. This developmental trajectory starts from infancy and extends through adolescence, marked by various milestones that shape a child's ability to understand and interact with their environment. Early interactions with caregivers, exposure to language, and engaging in play are vital in fostering cognitive growth. Educational experiences and social interactions further enhance cognitive abilities, enabling children to develop critical thinking, reasoning, and decision-making skills (Bjorklund, 2022; Nelson, 1998). A stimulating environment rich in opportunities for exploration and learning is crucial in promoting cognitive development. As children progress, their enhanced cognitive skills contribute to academic success and the ability to navigate complex situations (Z. Wang & Wang, 2015), laying a strong foundation for lifelong intellectual growth and adaptability.

Social, cultural, and emotional growth and development involve learning to interact with others, understanding cultural norms, and managing emotions. This area is influenced by family, community, and societal interactions and is critical for building relationships, forming a sense of identity, and maintaining mental health. Each of these areas interconnects and contributes to a child's holistic development, ensuring they are well-prepared for future challenges and opportunities. By nurturing these aspects, caregivers and educators can help children achieve a balanced and fulfilling life, promoting their overall well-being.

Social and emotional development involves learning to interact with others, manage emotions, and develop a sense of self (Frey et al., 2019; Thompson & Happold, 2002). Cultural factors also play a significant role in shaping a child's values, beliefs, and behaviors. Emotional support from parents and caregivers are essential for fostering resilience (Organization, 2004) and healthy emotional development (Boat & Kelleher, 2020; Malik & Marwaha, 2018; Newton, 2008).

Through the process of maturation, children mature into fully formed individuals. Undoubtedly, everyone in the world has at least one obligation they must satisfy daily. This is commonly known as a "needs." The presence of necessities imbues every individual with the drive to satisfy said necessities. According to Gunarsa (2008), basic needs can be categorized into two groups: primary needs, which include physiological needs like eating and drinking, and secondary needs, which encompass psychological needs, such as the need for security. These requirements can be fulfilled by persons engaging in specific acts or behaviors. For instance, when an individual experiences hunger, they will engage in specific behaviors to obtain food to satisfy their physiological needs (Gallahue & Donnelly, 2007). Similarly, when individuals seek security, they will exhibit certain behaviors to feel loved, accepted, supported, and valued by their surroundings.

Adolescent growth is marked by the manifestation of many behaviors, encompassing both positive and negative aspects. This is because, at this period, teenagers are undergoing a transitional phase from childhood to adolescence (Graham, 2004; Keniston, 1970). Adolescents frequently experience rebellious behavior, restlessness, and moments of instability. Nevertheless, the formation of this behavior is mostly shaped by the acts originating from the surrounding environment. This frequently arises due to the individuals surrounding the individual lacking comprehension regarding the process and significance of teenage growth. Thus, parents serving as companions and confidants is more crucial than their position as enforcers and arbitrators.

Education aims to modify an individual's or a collective's cognitive, emotional, and psychomotor capacities while also striving to foster human development through instructional and training endeavors. Education is a dynamic and instructional process between individuals, specifically teachers and learners, resulting in a positive transformation of attitudes and behaviors. Education is a multifaceted process that aims to transform individuals and society, as Rochanah (2017) highlighted. This transformation involves the development of cognitive, emotional, and psychomotor capacities, as well as the fostering of human development (Cherabin et al., 2012). Schools, families, and communities are crucial in achieving effective learning. Education should also focus on academic achievement, emotional maturity, and cultivating a fully developed and integrated individual (DESHMUKH, 2016). Utami et al. (2023) posit that the interaction between children and their social environment is a reciprocal relationship that mutually affects and is affected by each other. The social context includes parents, educational institutions, peers, and adults. The social environment, like the physical environment, refers to the society in which individuals exist. It encompasses several norm systems that might influence people's behavior and cognitive patterns (Saputra & Najicha, 2024).

While existing research often examines the direct correlation between surrounding environments (family and school) and students' habits, there is a gap in understanding how individual factors such as personality traits, socioeconomic status, or cultural background may moderate these relationships.

Exploring how these moderating variables interact with environmental influences could provide deeper insights into why certain students develop specific habits despite similar environmental conditions. In contrast, many studies in educational research tend to focus predominantly on either cognitive outcomes, such as academic performance, or emotional and psychological aspects separately, often overlooking the integrated nature of these domains. For instance, while cognitive development has been extensively studied in relation to instructional methods and their effectiveness, there is a noticeable gap in research that simultaneously considers how emotional and psychomotor development interrelate with cognitive growth within educational settings.

Our study seeks to bridge this gap by providing a comprehensive analysis of how family and school environments, along with moderating variables, jointly impact cognitive, emotional, and psychomotor development. This approach aims to offer a more nuanced understanding of the interconnectedness of these developmental domains and their implications for effective educational practices and interventions. Addressing this gap would contribute to a more comprehensive understanding of how environmental influences interact with individual characteristics to shape students' habits, informing targeted interventions and policies to promote positive behaviors and academic success among diverse student populations.

METHOD

Design
This study employs a correlational research design to investigate the relationship between the family environment (X1) and the school environment (X2) on students' habits at IBC School Makassar (Y). In the relationship between the family environment (X1) and the school environment (X2) on students' habits at IBC School Makassar (Y), the independent variables are the family environment (X1) and the school environment (X2). These variables are considered independent because they are the factors that potentially influence or affect the dependent variable, which is the students' habits (Y). The dependent variable is the outcome or effect that is being measured, and in this case, it is the students' habits at IBC School Makassar.

Correlational research is a non-experimental method that measures the strength and direction of the relationship between two or more variables without manipulating them (Seeram, 2019). This design aims to identify whether changes in one variable are associated with changes in another and to what extent these variables are related. This design is particularly useful for identifying associations and predicting outcomes based on observed relationships.
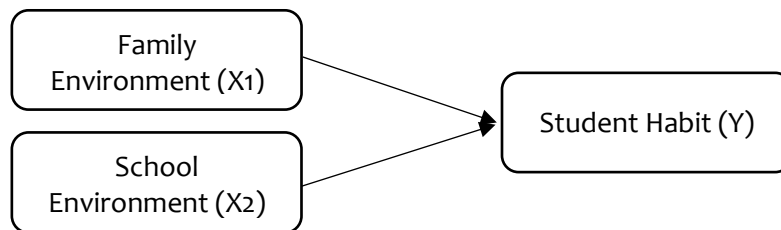
Figure 1. Correlational design of this study

Data Source and Collection

A population is a complete set of people with specialized characteristics. According to Sugiyono (2007), population is a group of subjects chosen by the researchers to be investigated and conclusions reached. The total sample used in this study was ten students in 6th grade at IBC School Makassar. The sample of this research is ten students of IBC Elementary School Makassar who meet the criteria and were chosen purposively. Respondents in this study were ten studies in Class XI at IBC School, consisting of five males and five females. Gender-perspective research examines the relationship between male and female students' habits.

The data collection technique using a questionnaire involves systematically creating and distributing structured questions to gather information from respondents. This method is commonly utilized in survey research to obtain data on opinions, attitudes, behaviors, or demographics. After that, the researchers analyzed the data using statistical methods to test the hypothesis. The statistical method is multiple linear regression with the help of SPSS software. Multiple linear regression estimates the relationship between two or more independent variables and one dependent variable. The formula for a multiple linear regression is:

$$y = \beta_0 + \beta_1 X_1 + \ldots + \beta_n X_n + \epsilon$$

y = Students' habit

B_0 = the y-intercept (value of y when all other parameters are set to 0)

$B_1 X_1$ = family environment (X1)

$B_2 X_2$ = school environment (X2)

ϵ = model error (a.k.a. how much variation there is in our estimate y)

The measurement items of the marketing mix variables in this study can be seen in Table 1 below:

Table 1. Variable Measurement Items

No.	Aspects	Definition	Measurement Items	Measurement Scale
1.	Family Environment (X1)	Family environment refers to the circumstances and social climate conditions within a family. It encompasses the interactions, relationships, and overall atmosphere that family members experience and contribute to daily. This environment plays a crucial role in shaping all family members' development, behavior, and well-being, particularly children.	1. Value 2. Norms 3. Habit 4. Communication 5. Conflicts 6. Parental monitoring and involvement 7. Family supports	Likert Scale
2.	School Environment (X2)	Family environment refers to the circumstances and social climate conditions within a family. It encompasses the interactions, relationships, and overall atmosphere that family members experience and contribute to daily. This environment plays a crucial role in shaping all family members' development, behavior, and well-being, particularly children.	1. School climate 2. Teacher-student relationship 3. Peer-relationship 4. Academic environment 5. School leadership 6. Facilities and resources 7. School engagement and involvement	Likert Scale
3.	Students' habit (Y)	Student habits refer to the regular practices, behaviors, and routines that students develop over time, significantly influencing their academic performance, personal growth, and overall success. Good	1. Study habits 2. Health habits 3. Social habits 4. Time management habits 5. Behavioral habits 6. Motivational habits	Likert Scale

		habits can lead to positive outcomes, while poor habits may hinder progress and development.		

To learn about the family environment, a list of questions with a range of Likert scale items was designed to assess various dimensions of family dynamics and their impact on children's development. These questionnaires are crucial tools in research and assessment, as they provide structured insights into aspects such as family norms and values, communication, parental support, conflict resolution, routines, and parental involvement in education. Each item within these questionnaires is carefully crafted to gauge specific aspects of family life that influence children's well-being and development. These questionnaires provide valuable data for empirical studies and inform interventions and policies promoting positive family environments conducive to children's thriving and resilience.

Table 2. Questionnaires for family environment (X1)

NO.	STATEMENTS
1	There is a sense of togetherness in my family
2	We constructively resolve conflicts at home
3	I feel comfortable discussing problems with my family
4	We often discuss important decisions together as a family
5	I receive encouragement from my family to do well in my studies
6	My family encourages me to pursue academic success
7	I receive help from my family when I face academic challenges
8	Clear expectations and rules are set in our household
9	Education is valued highly in my family
10	I feel safe expressing my opinions at home without fear of conflict

Meanwhile, the school environment influences students' academic performance, social development, and overall well-being. It encompasses elements such as school climate, teacher-student relationships, peer interactions, academic rigor, leadership effectiveness, facilities, and opportunities for engagement. A positive school environment is characterized by safety, inclusivity, and mutual respect among students and staff. Understanding and nurturing these aspects of the school environment is essential for promoting positive student outcomes and cultivating a supportive educational setting where all students can thrive.

Table 3. Questionnaires for school environment (X2)

No.	STATEMENTS
1	There is a sense of community and belonging at the school
2	Leadership fosters a positive and inclusive school culture
3	The Profile Pancasila in curriculum Merdeka teaches us to behave well according to norms and our culture and to respect each other
4	There are adequate facilities and resources (e.g., library, technology) for student use
5	School administrators are effective in addressing issues and concerns
6	Bullying and teasing are rare occurrences at the school

7	The curriculum is engaging and relevant to student's interests
8	Peer relationships contribute positively to the school environment
9	There are opportunities for student leadership and involvement
10	Students receive constructive feedback on their academic performance

RESULTS AND DISCUSSION

In exploring the intertwined dynamics of family and school environments, our findings reveal critical insights into how these foundational contexts shape children's developmental trajectories. The study highlights the profound influence of family interactions and educational settings on academic performance, social behavior, and emotional well-being, underscoring the importance of a supportive and nurturing atmosphere at home and school. These environments can significantly enhance a child's ability to thrive and succeed when synergistically aligned.

The findings of this study highlight the significant role that family plays in shaping the habits and values of its members. The data reveals that families provide crucial support and guidance in daily life. For instance, families help when needed, ensuring that members feel supported and cared for. This support system is essential for emotional and mental well-being, fostering a sense of security and belonging. Look at the findings of the questionnaires below:
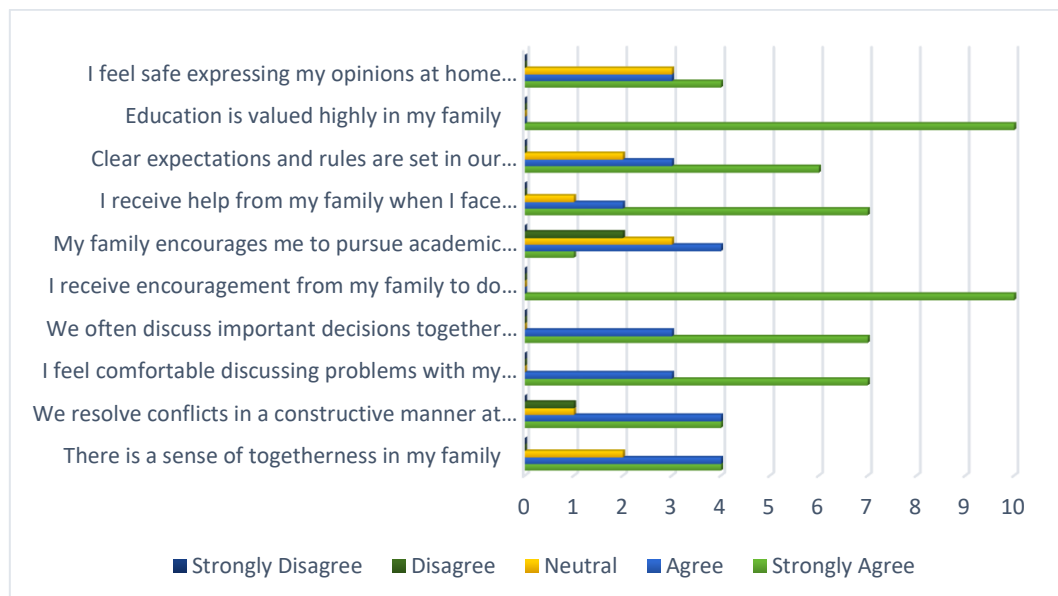

Figure 2. Findings of Family Environment (X1)

Moreover, the study shows that families instill a sense of responsibility towards living things like animals and plants, reflecting a broader commitment to environmental stewardship and empathy. Additionally, families play a pivotal role in nurturing spiritual practices, with regular reminders to pray, which can contribute to developing a strong moral foundation and inner peace. The findings also indicate that families emphasize the importance of good behavior and communication inside and outside the home. Focusing on respectful and considerate interactions helps build positive social relationships and a cohesive

community. Furthermore, hygiene practices, such as washing hands before meals, are reinforced within the family, promoting health and well-being.

Lastly, the study highlights that families actively discourage littering and promote cleanliness, maintaining clean living environment and instilling a sense of civic responsibility. These findings underscore the multifaceted impact of family on individual habits and values, demonstrating the profound influence of familial support and guidance in various aspects of life.

Research on family environment, particularly its impact on children's development and well-being, draws from various theories and recent studies that emphasize different aspects of familial influence. One prominent theory in this domain is Bronfenbrenner's Ecological Systems Theory (Ryan, 2001), which posits that a child's development is influenced by various interconnected systems, with the family being the most immediate and influential microsystem. According to this theory, family dynamics, interactions, and the overall environment significantly shape a child's cognitive, emotional, and social development.

Recent studies have highlighted several key findings regarding the impact of family environment on children. For instance, research often emphasizes the importance of family cohesion and communication. Prendergast et al. (2020) found that a supportive and cohesive family environment fosters positive outcomes in children, including better academic performance and emotional resilience. This aligns with attachment theory, which suggests that secure attachments formed within the family contribute to children's sense of security and self-regulation abilities (Twum-Antwi et al., 2020).

Furthermore, studies on parenting styles have indicated that authoritative parenting, characterized by warmth, responsiveness, and clear expectations, correlates with positive child outcomes. Research by Baumrind (2013) and subsequent studies have consistently shown that this parenting style promotes healthy development and academic achievement, compared to authoritarian or permissive styles. Moreover, recent literature has explored the role of family routines and structure in children's development. Research by Fiese and Winter (2010) underscores how consistent routines and clear family structures contribute to children's social skills, emotional regulation, and overall well-being. These findings underscore the significance of predictability and stability within the family environment.

Meanwhile, the findings of this study underscore the profound impact of the school environment and curriculum on student behavior and well-being. Teachers play a critical role in fostering cleanliness and hygiene practices, consistently reminding students to maintain cleanliness and emphasizing the importance of washing hands before meals. This regular reinforcement helps inculcate lifelong habits that are crucial for personal health.
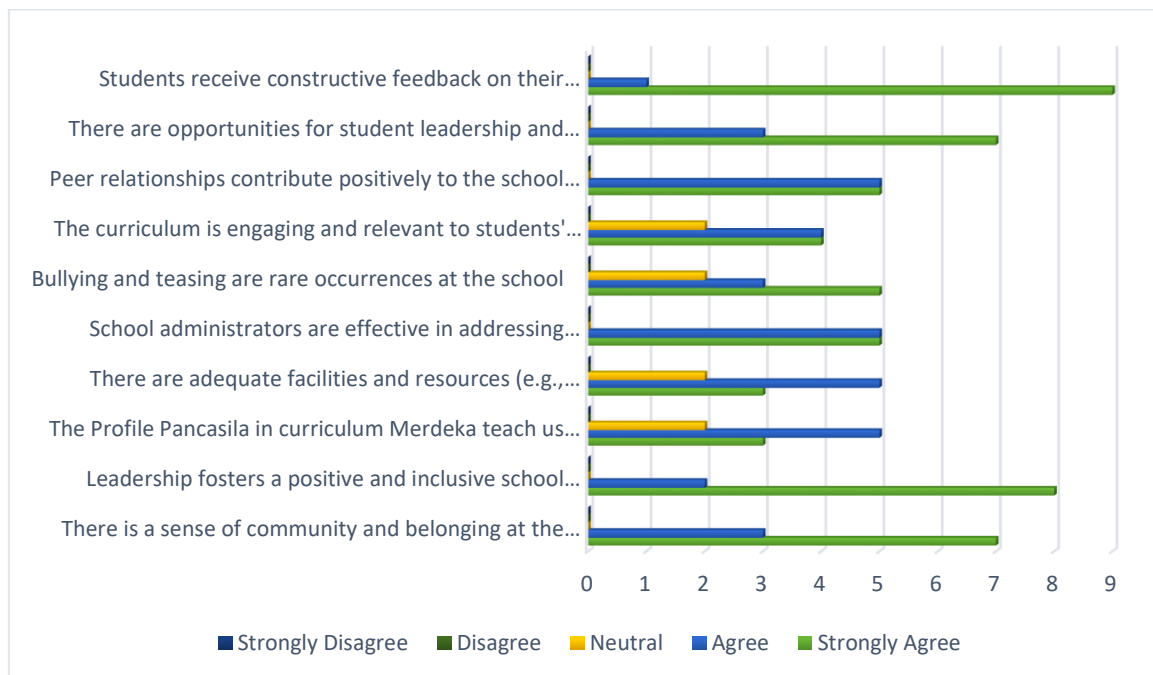
Figure 3. Findings of School Environment (X2)

The findings of this study underscore the profound impact of the school environment and curriculum on student behavior and well-being. Teachers play a critical role in fostering cleanliness and hygiene practices, consistently reminding students to maintain cleanliness and emphasizing the importance of washing hands before meals. This regular reinforcement helps inculcate lifelong habits that are crucial for personal health.

Implementing the Profile Pancasila in the Curriculum Merdeka is a significant factor in shaping student behavior. This curriculum teaches students to behave according to societal norms and cultural values and instills respect and tolerance for one another (Halim et al., 2024). Such education fosters a harmonious and inclusive school environment where diversity is celebrated, and mutual respect is a foundational principle. Furthermore, the study highlights that ensuring a secure school environment is a top priority, resulting in a safe and supportive atmosphere where bullying is absent. This focus on security allows students to thrive academically and socially, free from fear and anxiety.

The availability of extensive facilities at the school further supports student development. These facilities enhance academic learning and promote cleanliness and hygiene, providing students with the resources to succeed and maintain a healthy lifestyle. In summary, the combined efforts of dedicated teachers, a culturally rich and respectful curriculum, a secure environment, and comprehensive facilities create a robust framework that supports the holistic development of students. This environment promotes academic excellence and ensures every student's physical, emotional, and social well-being.

Research consistently underscores the critical importance of the school environment in shaping students' academic achievement, social development,

and overall well-being. Theoretical frameworks such as Bronfenbrenner's Ecological Systems Theory and Vygotsky's Socio-Cultural Theory provide foundational perspectives on how external environments, including schools, influence individual development (Pathan et al., 2018; Rahmatirad, 2020; Tzuriel & Tzuriel, 2021). Vygotsky's theory emphasizes the role of social interactions and cultural contexts in cognitive development, highlighting how school environments can scaffold learning and foster cognitive growth through collaborative activities and supportive interactions.

Recent studies have yielded compelling findings regarding the importance of specific aspects of the school environment. For instance, research by Wang and Eccles (2013) suggests that positive school climates characterized by safety, supportive relationships, and clear expectations correlate with higher academic motivation and achievement among students. This aligns with Self-Determination Theory, which posits that environments promoting autonomy, competence, and relatedness enhance intrinsic motivation and academic engagement. Moreover, studies by Rumberger (2015) and Allen et al. (2018) emphasize the role of school facilities and resources in supporting educational outcomes, indicating that well-equipped schools contribute to improved student performance and satisfaction.

Furthermore, the impact of teacher-student relationships on student outcomes has been extensively studied. Research by Hamre and Pianta (2001) demonstrates that positive teacher-student interactions characterized by warmth, support, and effective communication foster students' social-emotional development and academic success. This underscores the interpersonal dynamics within the school environment as crucial for students' overall well-being.

Multiple Linear Regression

In this study, researchers used multiple linear regression tests to see how much influence the family and school environments have on student habits.

Table 4. Multiple Linear Regressions of Variables

ANOVA

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2.400	2	1.200	.	.000a
	Residual	.000	7	.000		
	Total	2.400	9			

a. Predictors   : (Constant) family environment; school environment
b. Dependent Variable : Student's habit

Based on the table above shows that the family environment and school environment have a significant effect on student habits; this is indicated by the analysis results of 0.000 <0.005, which means that it has a significant effect.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	1.000a	1.000	1.000	.000

Predictors: (Constant), family environment; school environment

Based on the analysis of the data presented in the table, it is evident that the family and school environments significantly impact student habits. This conclusion is supported by the statistical analysis results, which show a p-value of 0.000, well below the threshold of 0.005. This indicates a significant effect, affirming that the environments in which students are immersed play a crucial role in shaping their behaviors and routines. The findings indicate that these environments partially and simultaneously affect student habits, with a significance level of 0.000, less than the threshold of 0.005. This statistical result suggests a strong influence of these environments on student habits. To know more, take a look at the findings below:
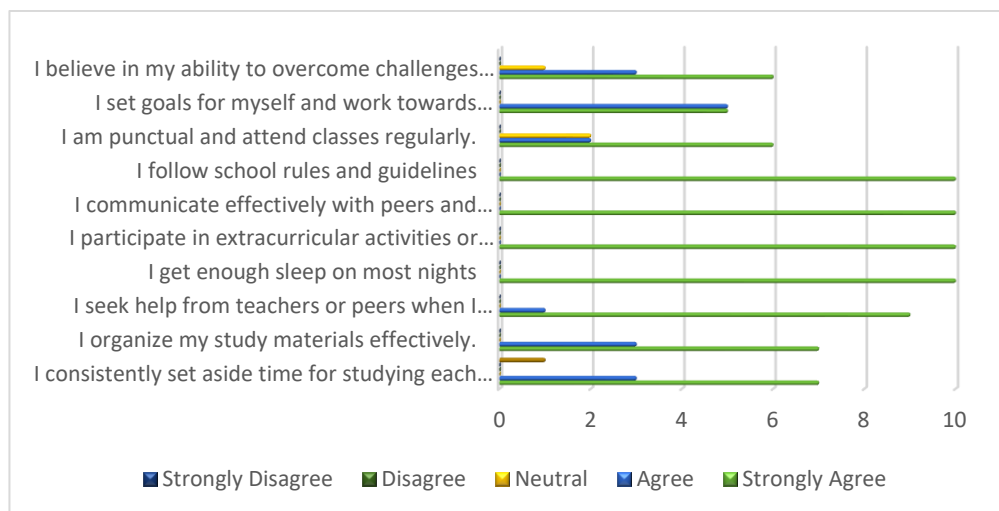

Figure 4. Results of Students' Habits (Y)

These Likert scale items can be adjusted based on your study's specific habits or behaviors of interest. They provide a structured approach to assessing various aspects of students' habits that may be influenced by their family environment, school environment, or both. Researchers can use these questionnaires to explore how different environmental factors contribute to developing positive habits among students, guiding interventions and strategies to promote healthy behaviors and academic success. The questions include study habits, health habits, social habits, time management habits, behavioral

habits, and motivational habits. Recent research underscores the importance of these environmental influences on students' habits across various domains. For instance, studies by Wang and Eccles (2012) emphasize that positive family dynamics, characterized by support, communication, and routines, promote habits such as effective time management and study skills among students. This aligns with Self-Determination Theory, which suggests that supportive environments foster intrinsic motivation and self-regulation, crucial for developing productive study habits. Moreover, research by Eccles and Roeser (2015) highlights the role of school environments in cultivating health-related habits, such as physical activity and dietary choices, through supportive peer relationships and access to recreational facilities.

The family environment contributes to developing habits such as maintaining cleanliness, practicing good hygiene, and adhering to cultural and moral norms. Similarly, the school environment reinforces these habits through structured programs and consistent teacher reminders. Implementing the Profile Pancasila in the Curriculum Merdeka further enhances this effect by promoting respect, tolerance, and well-behaved conduct according to societal norms and cultural values (Harun & Muthalib, 2020). Moreover, the emphasis on creating a secure and supportive school environment, free from bullying and equipped with ample facilities to support both academic pursuits and cleanliness, further underscores the significant role of the school environment in fostering positive student habits. These findings collectively highlight the intertwined influence of family and school environments in shaping the holistic development of students.

The study highlights that a supportive and nurturing family environment positively influences student learning outcomes and habits. This is consistent with other research indicating that family dynamics and parental involvement play a crucial role in student development. This finding aligns with the study by Alfred et al. (2023), which explored the effects of academic performance and parental involvement on secondary school students. Their results showed improvements in reading and writing skills ranging from 80-89%, although fluency requires a score above 90%. Homework accuracy was between 80-98%, but a greater emphasis was needed. Issues with concentration and attendance underscored the need for additional support. Students faced difficulties with question comprehension and inconsistent performance. Parental involvement in health programs was rated neutrally, indicating a need for greater participation. Behavioral problems also affected involvement in learning-related tasks. The study found positive correlations between parental engagement and academic success, encompassing safety, diversity, and regulatory aspects.

Meanwhile, the school environment encompasses the school's physical infrastructure, academic practices, social interactions, and emotional climate. A positive school environment promotes student engagement, learning, and the development of good habits. Structured classroom environments, clear disciplinary policies, and supportive teacher-student relationships are essential components that contribute to forming positive student habits.

CONCLUSION

In conclusion, the study demonstrates that the family and school environments are pivotal in shaping student habits. By fostering positive conditions in both settings, students are more likely to develop beneficial habits contributing to their academic success and personal growth. This research underscores that the school environment shapes students' educational experiences and outcomes. Educators and policymakers can create environments that promote learning, engagement, and positive youth development by understanding and optimizing school climate, teacher-student relationships, access to resources, and supportive peer interactions. These insights are essential for designing interventions and policies to enhance school environments to support students' diverse needs and aspirations better.

Recognizing the importance of the family environment can assist parents in implementing more successful parenting strategies, fostering a positive home environment, and taking an active role in their kids' education. Schools can concentrate on establishing a disciplined, supportive atmosphere for students' growth and learning. This entails upholding strong academic standards, offering sufficient resources, and creating a secure and welcoming environment. The results imply that home and school environment regulations can greatly impact students' habits and overall academic performance. This all-encompassing effect emphasizes how crucial the home and school environments are in forming students' routines and behaviors.

AUTHOR STATEMENTS

We would like to acknowledge and extend our sincere gratitude to each contributor to this collaborative project. Author 1 provided invaluable insights and guidance throughout the research process, author 2 played a crucial role in data collection and analysis, and author 3 significantly contributed to the interpretation of results and the drafting of the manuscript. Last but not least, Author 4 offered essential support in refining the methodology and ensuring the accuracy of the findings. Each author's unique expertise and dedication were instrumental in the successful completion of this project, and their collaborative efforts are deeply appreciated.

ACKNOWLEDGEMENTS

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How to Cite (APA Style):
Bakri, F., Hasbi, M., Halim, A., & Halim, NM. (2024). Exploring the influence of surrounding environments on students' habits. *EduLite: Journal of English Education, Literature, and Culture, 9* (2), 135-151. http://dx.doi.org/10.30659/e.9.2.135-151

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