

CLUBBING PHENOMENON AMONG URBANDI PARENTS IN TANJUNG SARI VILLAGE

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ARTICLE INFO	ABSTRACT
Diterima: 05 September 2025 Direvisi: 10 September 2025 Disetujui: 18 September 2025 Tersedia Daring: 30 Juli 2026 Keywords: Clubbing; Urban Parents; Habitus; Pierre Bourdieu; Urban Life	<i>The development of urban life has driven changes in urban lifestyles, including an increase in nightlife activities such as clubbing among urban parents. Activities previously synonymous with teenagers and young adults are now also being undertaken by adults with families. This phenomenon indicates a shift in social interaction patterns, lifestyles, and how urban communities interpret entertainment in their daily lives. This study aims to analyze the forms of clubbing practices among urban parents in Tanjung Sari Village, specifically at Helen's Night Mart in Medan. This study aims to understand the meaning of clubbing activities for urban parents in relation to self-identity and parenting roles within the family. It also explores the responses of families and the surrounding community to the clubbing phenomenon among urban parents. This study employed a qualitative research method with a descriptive approach. Data collection techniques included observation, in-depth interviews, and documentation. The research informants included urban parents who actively participate in clubbing, nightclub workers, children of clubbers, local residents, and community leaders. Data analysis was conducted through data reduction, data presentation, and conclusion drawing. The research results show that clubbing practices among urban parents are influenced by economic pressures, family conflicts, entertainment needs, social environments, and changes in urban lifestyles. Clubbing activities are interpreted as a means of stress relief, a space for entertainment, a place to build social relationships, and a way of seeking personal freedom amidst the pressures of urban life. Family and community responses to these activities demonstrate acceptance, negotiation, and rejection, influenced by the social values and norms developing within each community. Theoretically, the phenomenon of clubbing among urban parents can be understood through Pierre Bourdieu's theory of practice, which demonstrates that habitus, economic capital, social capital, and social arenas play a role in shaping and sustaining clubbing practices as part of contemporary urban life.</i>

	ABSTRAK
Kata Kunci: Clubbing, Orang Tua Urban; Habitus, Pierre Bourdieu; Kehidupan Urban	Perkembangan kehidupan urban telah mendorong perubahan gaya hidup masyarakat perkotaan, termasuk meningkatnya aktivitas hiburan malam seperti clubbing pada kalangan orang tua urban. Aktivitas yang sebelumnya identik dengan remaja dan anak muda kini juga dilakukan oleh kelompok usia dewasa yang telah berkeluarga. Fenomena tersebut menunjukkan adanya perubahan pola interaksi sosial, gaya hidup, dan cara masyarakat urban memaknai hiburan dalam kehidupan sehari-hari. Penelitian ini bertujuan untuk menganalisis bentuk praktik clubbing pada kalangan orang tua urban di Kelurahan Tanjung Sari, khususnya di Helen's Night Mart Medan, memahami pemaknaan aktivitas clubbing bagi orang tua urban dalam kaitannya dengan identitas diri dan peran pengasuhan dalam keluarga, serta mengeksplorasi respons keluarga dan lingkungan sekitar terhadap fenomena clubbing pada kalangan orang tua urban. Penelitian ini menggunakan metode penelitian

kualitatif dengan pendekatan deskriptif. Teknik pengumpulan data dilakukan melalui observasi, wawancara mendalam, dan dokumentasi. Informan penelitian terdiri dari orang tua urban yang aktif melakukan clubbing, pekerja hiburan malam, anak dari pelaku clubbing, masyarakat sekitar, dan tokoh masyarakat. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa praktik clubbing pada orang tua urban dipengaruhi oleh tekanan ekonomi, konflik keluarga, kebutuhan hiburan, lingkungan sosial, dan perubahan gaya hidup masyarakat perkotaan. Aktivitas clubbing dimaknai sebagai sarana pelepasan stres, ruang hiburan, tempat membangun relasi sosial, serta bentuk pencarian kebebasan diri di tengah tekanan kehidupan urban. Respons keluarga dan masyarakat terhadap aktivitas tersebut menunjukkan adanya penerimaan, negosiasi, maupun penolakan yang dipengaruhi oleh nilai dan norma sosial yang berkembang dalam lingkungan sosial masing-masing. Secara teoritis, fenomena clubbing pada kalangan orang tua urban dapat dipahami melalui teori praktik Pierre Bourdieu yang menunjukkan bahwa habitus, modal ekonomi, modal sosial, dan arena sosial berperan dalam membentuk serta mempertahankan praktik clubbing sebagai bagian dari kehidupan masyarakat urban kontemporer.

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1. INTRODUCTION

Development public urban areas in Indonesia bring enough change significant to pattern life social, style life, and utilization room public(D. F. Anggraini, 2019). Modernization city No only characterized by growth economy and development technology, but also by emergence various room social new to become part from activity everyday urban society. Life dynamic city with mobility high demands work, as well as change pattern interaction social push public For look for various form recreation and space release pressure emotional in the middle routine modern life. Some year lastly, activity entertainment night in Medan City is not only followed by a group age young, but also by individuals who have status as parents(Algifari, 2022). Phenomenon This show existence change pattern recreation and meaning room entertainment Evening in life urban society. Entertainment space the previous night more often associated with circles teenagers and adults young now be one of alternative place socialize, search entertainment, as well as build relation social for some parents in urban areas. Changes the reflect dynamics style life increasingly urban society diverse along with development culture cities and increasing need will room outdoor recreation environment family and work.(F. D. Anggraini et al., 2025).

Context Indonesian society, parents in a way cultural Still attached to responsibility answer parenting children, fulfillment need family, and guard harmony House ladder.

Status as a parent often associated with behavior that is considered in accordance with norms and values social norms that apply in society. Various activities carried out by individuals who have status as parents often become attention and assessment social from environment surrounding areas. However, the dynamics urban life shows that the role of parents in urban areas experience enough change complex along development pattern modern life. Life urban present various room social enabling public build relations, expressing yourself, and fulfill need recreation. Spaces the present in form center entertainment, cafe, lounge, place show music, as well as various facility recreation Evening others who become part from contemporary urban culture. The existence of room modern entertainment does not only utilized as place relax, but also as an arena for interaction social, formation identity, and development network friendship in life public city(Azzahra et al., 2023).

Change the show existence shift method public interpret room public and activities recreation. Parents in urban areas do not Again fully understood in framework domestic, but also as individuals who have personal, social, and emotional needs outside environment family. Life public modern urban activities recreation be one of method For guard balance between work, life family, and needs psychological individual. One of them form activity recreation that is growing in cities big is clubbing activities or entertainment modern night that takes place in the room entertainment such as bars, lounges, music cafes, and clubs night. Activities This develop along increasing culture consumption and style more urban life open to various form modern entertainment. Development room entertainment Evening No only understood as place recreation only, but also as room social that brings together various group public with background behind different social(Bourdieu, 1886).

Phenomenon the start seen in various city big cities in Indonesia such as Jakarta, Bandung, Surabaya, and Medan. Medan City itself, the development place modern entertainment shows that activity entertainment Evening has become part from dynamics life urban society. One of the areas that shows development the is Tanjung Sari Subdistrict, Medan Selayang District, which is known as urban areas with activity social and entertainment quite a night active. Based on results observation the beginning of what was done researcher at Helen's Night Mart Medan in November 2025, researcher found five visitors aged over 35 years old who have confess own children and in a way routine Visit Helen's Night Mart Medan. Visitors place entertainment Evening No only originate from circles young, but also from group age adults who have status as parents. The presence of parents in room entertainment Evening show existence change pattern recreation and patterns interaction social activities in urban communities. the done in various form, start from gather together relation social, enjoy entertainment music, until related activities with jobs in the sector entertainment(Budiarto et al., 2025).

As room recreation, some urban communities also take advantage of room entertainment Evening as part from activity economics. Researchers find the presence of parents who work in the environment entertainment night and make place the as source income For fulfil need family. Condition This show that room entertainment Evening in urban society does not only own function social and recreational, but also related with

dynamics economy public urban areas. Another interesting finding in observation beginning study is existence involvement member family in clubbing activities with parents(Bungin, 2011). In one of the case, researcher find a mother who came together his son who has aged mature to location entertainment night. Phenomenon the show existence change pattern interaction family as well as negotiation new about limit between room family, space work and space recreation in life urban society. The phenomenon of clubbing among urban parents has become interesting For reviewed Because related with change style life, pattern relation social and dynamics family in the middle development culture modern urban life. Urban life is characterized by pressure job, height mobility social, and needs will room relaxation participate influence method public utilise time free time and space entertainment. Activities entertainment Evening can understood as part from individual strategies in fulfil need recreation, building relation social, as well as guard balance emotional in the middle life complex city(Ehlert, 2021).

Puspitasari's research (2020) shows that urban communities tend to look for room recreation as form recovery psychological from pressure life everyday. In addition, some other research also explains that activity recreation public urban related close with change style life, development culture consumption and needs will room modern social. However Thus, the activity entertainment evening among older people Still bring up various response social Because relate with mark culture, patterns parenting, and roles social in family. Academic studies regarding clubbing in Indonesia so far This Still more Lots focused on generation youth and culture popular urban areas. Algifari's research (Glavak-Tkalić et al., 2025)discusses clubbing as means formation identity self students, while Anggraini (2024) relates activity the with style urban life and culture consumptive. Fihtri's research (Graziano, 2025) used Pierre Bourdieu's habitus theory for explain clubbing as part from modern generation culture young urban areas. Meanwhile that, research about more urban families Lots discuss pattern parenting, pressure social economics and management strategies stress without link it in a way direct with activity entertainment night activities carried out by parents. In the study This lies in focus studies that place urban parents as perpetrator clubbing practices, different with study previous ones which are generally discuss clubbing activities among teenagers, students, or mature young as part from culture popular and stylish urban life, research This study practice to individuals who have status as parents. In addition, research This No only describe clubbing activities as form entertainment, but also analysis How practice the formed through connection between habitus, capital, arena, and practice social according to Pierre Bourdieu. With Thus, research This expected can give contribution in development study anthropology urban about change practice social urban society(Gužíková, 2023).

Based on description and synthesis study previously, can understood that study about the practice of clubbing among urban parents is still relatively limited, especially those relating to activity entertainment Evening with dynamics life family, meaning subjective perpetrators, and response environment social conditions the show existence gap necessary research reviewed more continue. Therefore that, research This directed

For understand clubbing practices among urban parents as practice social formation through interaction of habitus, capital, arena, and practice social in life urban society. The gap study become base important he did study about phenomenon this is related with change style life, construction identity social, patterns relation family, and dynamics life public urban areas that continue to grow experience development, research This was carried out in Tanjung Sari Subdistrict, Medan City with take location research at Helen's Night Mart Medan. Selection location This based on considerations that Helen's Night Mart Medan is one of the place entertainment quite a night well known and many visited by urban communities in Medan City. Apart from being place entertainment, location this also becomes room meeting various group public with background behind social, work, and range diverse ages, including individuals who have status as parents(Heinrich et al., 2025). This research use method study qualitative with approach descriptive For describe in a way deep The practice of clubbing among urban parents in Tanjung Sari Subdistrict, an interesting phenomenon in a way anthropological Because show how are parents negotiate his identity between guidance culture parenting with personal needs in urban life meaning subjective of the perpetrators to activity mentioned, as well as dynamics response family and society in context modern urban life(Harianti & Kurniawan, 2022).

Based on description In this regard, the practice of clubbing among urban parents shows that activity entertainment Evening No Again just understood as form recreation, but has become part from practice social urban society. Activities the show How individuals who have status as parents do negotiation between role in family with need For build relation social, gain room actualization self, as well as overcome pressure life urban. Pierre Bourdieu's perspective, practice the influenced by the formed habitus from experience life, ownership of economic capital, social capital, and cultural capital, as well as social arenas place practice the taking place. Therefore that, research This important done For understand clubbing practices among urban parents, meaning activity mentioned, as well as response family relation with the concepts of habitus, capital, arena, and practice social according to Pierre Bourdieu in Tanjung Sari Subdistrict, Medan City, so that can give contribution to development study anthropology urban about change practice social urban society(Hernández-Prados & Álvarez-Muñoz, 2023).

2. RESEARCH METHODS

Research methods is business For discover, develop, test, and get information and truth knowledge through ways scientific. Every study scientific must use method proper research so that the objectives study can achieved in a way systematic and directed. In research this, the author use method study qualitative with approach descriptive For answer problem study through the process of searching, collecting, processing and analyzing the resulting data study.

Approach descriptive is something method in examine the status of a group human, a object, condition, system thoughts, or current events. Qualitative research stated by William (Husnah et al., 2023) states that study qualitative is data collection on a background scientific.

Writer conclude method study qualitative is research that aims to For understand phenomenon about what the subject experienced study for example behavior, perception, motivation and so on in a way holistic and with method description in the form of words in language, in a context special natural and with utilise various method scientific.

Research location is place or selected area as location data collection for find answer on problem research. Based on title research, location study This established in Tanjung Sari Subdistrict, Medan City, with focus observations on several place entertainment nightlife in the area, including Helen 's Night Mart Medan(Koren & Hracs, 2024).

Election location This based on considerations academic and empirical. In academic, Tanjung Sari Village is urban areas that are experiencing development Enough rapid, marked with increasing activity economy, mobility residents, as well as development various means entertainment the night that became part from dynamics life public urban. Conditions the make this area relevant For study phenomenon clubbing practices among urban parents as part from change style life public city. In terms of empirical, selection location research is also based on the results observation the beginning of what was done researchers. Based on observation early parental involvement in relative clubbing activity more easy found in Tanjung Sari Subdistrict compared with several other areas that had considered. The phenomenon the seen from the presence of parents who are active visit place entertainment Evening For various goals, such as look for entertainment, building relation social, as well as as form release from routine work and responsibilities answer family. Therefore that, Tanjung Sari Subdistrict is seen as representative location For study clubbing practices among urban parents, including How activity the interpreted by the perpetrator as well as the response that appears from environment family and society around.

Informant is primary data source that has role important in give relevant and in -depth information about the phenomenon being studied. Moleong (Ma et al., 2024) stated that informant is individuals who understand in a way direct condition social and capable give related information with focus study.

Election informant in study This done with use purposive sampling technique, namely determination informant in a way on purpose based on criteria certain appropriate with objective research. Informant in study This shared become two category, namely informant main and informant supporters. Informants main are urban parents who are involved direct in clubbing activities in Tanjung Sari Subdistrict and fulfilling criteria that have been determined by the researcher. Informant This chosen Because own experience in a way direct to the phenomenon being studied so that capable give in -depth information about clubbing practice, motivation involvement, as well as meaning they to activity said. Meanwhile that, informant supporters consists of on child from 18- year- old clubbing perpetrator to above, manager or worker place entertainment the night that knows pattern interaction visitors, as well as figure public or inhabitant around who understand existence and impact activity entertainment night in the neighborhood Tanjung Sari Subdistrict. Informant supporters functioning For

complete, confirm, and enrich the data obtained from informant main so that produce greater understanding comprehensive about the phenomenon being studied. Amount overall informant in study This is 8 people determined in a way Certain since beginning, Determination amount informant done based on principle data sufficiency (data saturation), namely data collection stopped if information obtained has show repetition and not found again significant new data related focus study (Malbon, 2002). Data collection techniques are step strategic For obtain relevant data with focus study

3. RESULTS AND DISCUSSION

Tanjung Sari Village is a sub-district within the Medan Selayang District, Medan City, North Sumatra Province. Geographically, this area is a rapidly developing urban area with a high population density. Its strategic location, along a connecting route to several important areas in Medan, makes Tanjung Sari Village a hub for active social and economic activity, both during the day and at night.

Based on field observations conducted by researchers during the research process, Tanjung Sari Village has the characteristics of a fairly complex urban community. This area is filled with densely populated residential areas, student boarding houses, cafes, coffee shops, culinary businesses, minimarkets, and several entertainment venues that operate until nighttime. Community activities in this area are very dynamic, especially along the main road that connects the Setia Budi area and the surrounding areas. At night, the area remains quite busy with vehicle traffic, community activities in cafes, and the mobility of night workers coming and going to the area. Researchers observe that the development of the Tanjung Sari area is inseparable from the influence of modernization and urban economic growth. Many immigrants choose to live in this area because of its easy access to the city center, campuses, workplaces, and entertainment centers. In addition, the presence of modern entertainment venues around the Setia Budi area also influences the lifestyle of the community, especially the younger generation and urban parents who live in the neighborhood.

Helen's Night Mart Medan

One of the primary locations in this study was Helen's Night Mart Medan, located on Jalan Setia Budi in Medan City. This location was chosen because it is a popular nightlife destination among Medan's urban population, particularly among adults and older adults, who consider nightlife activities part of their lifestyle and a way to relieve the stress of everyday life.

Clubbing Practices Among Urban Parents

Clubbing phenomenon among urban parents in Tanjung Sari Village shows that nightlife is no longer just a pastime for teenagers or students, but has become part of the social practices of adults living amidst the pressures of urban life. Based on observations and field interviews conducted by researchers at Helen's Night Mart Medan, it was found that *clubbing* among urban parents has a complex form of activity, social interaction patterns, and involvement in their daily lives. These activities are not only interpreted as

entertainment but also related to emotional needs, social relationships, and family economic factors(Maulidia, 2018).

In the context of urban life, work pressures, household routines, and economic demands lead some parents to seek alternative spaces to relieve stress and find entertainment. Helen's Night Mart Medan is one such social space utilized by informants as a place to socialize, network, enjoy music, and build social identity within their social circles. Researchers observed that *clubbing activities* among urban parents take various forms and do not always lead to negative behavior as the stigma that has developed in society. Most informants come to nightclubs on weekend nights after completing work or household activities. Their presence at nightclubs is often done with work colleagues, partners, social groups, and some informants even come with their adult children(Maulidya, 2015). This situation indicates a change in family interaction patterns and a shift in how urban communities interpret nightlife spaces. Researchers conducted direct observations and in-depth interviews with several informants related to clubbing activities in Medan City, specifically in the Helen's Night Mart area located around Jalan Setia Budi.

Forms of Clubbing Activities

Based on the results of field research conducted by researchers at Helen's Night Mart Medan from February 2026 to April 2026, it was found that the form of *clubbing activities* among urban parents in Tanjung Sari Village shows the dynamics of urban social life that are quite complex. Nightlife activities carried out by informants are not only related to fun activities, but also become part of how individuals deal with the pressures of city life, build social relationships, find entertainment spaces, and meet family economic needs. In this study, researchers conducted direct observations at night from 9:00 PM WIB until early morning to observe visitor behavior patterns, the atmosphere of nightlife, forms of social interaction, and activities that take place at the research location(McLaughlin, 2024).

Based on field observations, Helen's Night Mart Medan began to fill up with visitors around 11:00 PM WIB (Western Indonesian Time). At the beginning of the night, the atmosphere was still relaxed, with music playing at a moderate pace. Some visitors came with friends, sat at tables, and ordered food and drinks. However, around 12:30 AM WIB, the atmosphere began to become more lively, with the thumping music of the DJ, the disco lights becoming brighter, and social activity in the nightlife area increasing. Researchers observed that visitors came from various age groups, including adult men and women who had become elderly. In their observations, the most common activity for adult visitors was sitting and relaxing with their social group while enjoying the music and chatting about daily life. Most visitors seemed to enjoy the atmosphere rather than focusing on dancing or excessive alcohol consumption. This situation indicates that nightlife venues for some urban communities are not only entertainment venues, but also places to seek emotional comfort and temporarily forget about the pressures of life(Moleong, 2013).

Clubbing Social Interaction Patterns

Social interaction patterns in *clubbing activities* among urban parents in Tanjung Sari Village are quite dynamic, open, and influenced by the culture of modern urban life. Nightclubs are not only used as a place to seek entertainment, but also become social spaces where individuals build relationships, gain emotional comfort, seek social acceptance, and strengthen friendships amidst the increasingly complex pressures of city life. During the research process, researchers conducted direct observations from night to early morning to see how social relationships are formed in the nightlife environment. Based on field observations, most visitors come in groups with work colleagues, friendship communities, partners, or social relations they already know. Upon entering the nightlife area, visitors generally immediately join their respective groups while sitting together, ordering food or drinks, and chatting casually amidst the strains of DJ music (Muhammad et al., 2020).

Parental Involvement in Nightlife

The involvement of parents in nightlife activities in Tanjung Sari Village demonstrates a shift in urban lifestyle patterns influenced by the development of urban lifestyles, economic pressures, social environments, and changing perspectives on nightlife. In the context of modern urban society, parents are no longer entirely confined to domestic spaces and household activities, but are beginning to engage in nightlife spaces, both as visitors and as entertainment workers. This situation demonstrates a shift in social practices in family life in urban communities.

Factors Causing Urban Parents to Club

Based on the results of field research conducted by researchers at Helen's Night Mart Medan from February 2026 to April 2026, it was found that there are various factors that cause urban parents in Tanjung Sari Village to engage in *clubbing* and nightlife activities. These factors cannot be understood simply as a form of seeking entertainment, but are closely related to the pressures of urban life, the influence of the social environment, the need for emotional relaxation, and economic and work issues. In the context of modern urban life, nightlife is one of the social spaces that individuals use to relieve life's pressures and gain psychological comfort amidst the increasingly busy and competitive city routine. Based on the results of field observations, researchers observed that the majority of adult visitors to Helen's Night Mart Medan are individuals who experience quite heavy work pressure and life problems. They generally work in the informal sector or high-pressure jobs such as construction workers, online drivers, nightlife workers, and other service jobs. The conditions of city life filled with economic demands make some urban parents feel easily stressed, physically exhausted, and emotional burnout (Muhammadiyah et al., 2024).

Pressures of Urban Life

Based on the results of observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, the pressures of urban life are one of the dominant factors that encourage urban parents to engage in *clubbing* and nightlife activities. Urban life filled with economic demands, job competition, high living costs, traffic jams, and household problems cause some informants to experience psychological

stress and emotional exhaustion in their daily lives. In these conditions, nightlife is seen as an alternative space to reduce mental burdens and obtain temporary peace from the routine of city life which is considered tiring. Researchers observed that most adult visitors who come to Helen's Night Mart Medan are individuals who work in the informal sector or high-pressure jobs. They generally come in the evening after completing work activities and choose to spend time with their group of friends until the early hours of the morning. Researchers observed that some visitors appear to arrive with tired bodies, still wearing work clothes, and facial expressions that show fatigue after carrying out work activities all day. This phenomenon is evident from the results of an in-depth interview with S't (40 years old), S't explained that life in the city makes him often experience mental stress due to unstable economic conditions.

Influence of Social Environment

Based on the results of observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, social environmental factors are one of the dominant causes in forming *clubbing habits* among urban parents in Tanjung Sari Village. In urban life, the environment of friends, work communities, social relations, and social media have a major influence on individual behavior patterns, including in nightlife activities. Most informants admitted that they initially had no interest in the world of nightlife, but due to the influence of the surrounding environment, these activities gradually became part of their social routines. In the results of field observations, researchers saw that most visitors came in groups with work friends, social communities, or social relations they already knew. This situation shows that *clubbing activities* in urban communities tend to be carried out as part of group habits and friendship solidarity. Researchers also saw that the lively and relaxed atmosphere of nightlife makes it easier for individuals to build social interactions with others. This phenomenon was seen from the results of an in-depth interview with S't (40 years old), S't explained that he initially never had the habit of coming to nightclubs before getting to know the circle of friends at work (Muzzamil et al., 2023).

Entertainment and Relaxation Needs

Based on observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, the need for entertainment and relaxation is one of the important factors that encourage urban parents to engage in *clubbing* and nightlife activities. Urban life filled with work routines, economic pressures, and repetitive daily activities cause some individuals to experience emotional saturation and mental fatigue. In these conditions, nightlife is understood as an alternative space to obtain temporary pleasure, reduce boredom, and create a more relaxed atmosphere compared to everyday life. In field observations, researchers saw that most adult visitors came to Helen's Night Mart Medan on weekend nights after completing work activities from morning to evening. They were seen enjoying the music, sitting with groups of friends, chatting casually, and occasionally dancing in the entertainment area. Researchers saw that some visitors were not too focused on consuming alcoholic beverages, but rather enjoyed the social atmosphere and entertainment available in the nightlife environment. This phenomenon was evident from the results of an in-depth interview with Ynt (35 years

old), Ynt explained that the routine of daily life often made her feel emotionally exhausted (Nurkholida & Hakim, 2020).

Economic and Employment Factors

Economic and employment factors are important factors contributing to urban parents' involvement in nightlife and *clubbing activities*. In this study, researchers found that some informants not only come as visitors but also work directly in the nightlife environment as an economic strategy to maintain family life amidst the high cost of living in urban communities. Economic instability, limited formal employment opportunities, low incomes, and increasing household needs have led some urban parents to choose to work or become involved in the nightlife world. In field observations, researchers observed that most nightlife workers at Helen's Night Mart Medan come from lower-middle economic backgrounds. Most informants admitted to having significant family responsibilities, such as supporting children, helping parents, paying rent, and meeting daily needs. Researchers also found that some nightlife workers continue to fulfill their domestic roles as housewives despite having to work until the early hours of the morning.

Clubbing Activities Among Urban Parents

Based on observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, it was found that *clubbing* among urban parents is not solely interpreted as a nighttime entertainment activity. In modern urban society, *clubbing* has a broader social meaning and is related to emotional needs, social relationships, and the formation of self-identity. Each informant has different experiences and reasons for interpreting their involvement in the nightlife world. Some view clubbing as a means of entertainment to reduce the boredom of life, others interpret it as a social space that provides emotional comfort and social acceptance.

Table 1. Analysis of Urban Parents' Interpretation of Clubbing Activities

Habitus Theory	Practice	Analysis
Habitus is a mental structure formed from an individual's experiences and social environment.	Parents like Yanti and Sa'at go clubbing because of the influence of their friendship environment, life pressures and work routines.	Interview results revealed that older adults' clubbing habits are shaped by their social environment, particularly their friendships and work pressures. This activity has become a part of a routine considered normal in urban life.
Habitus forms individual respond pressure life	Yanti visited the club when experience stress and burden thought	<i>Clubbing</i> interpreted as coping mechanisms that are formed from experience life, especially pressure as parents single, so that become habit in guard balance emotional
Habitus produces practices that are considered "normal" in a	Parent still do <i>clubbing</i> although there is a social stigma	<i>Clubbing</i> activities have been normalized in urban environments, so that they are considered normal even though

particular environment.		they go against traditional norms.
Habitus is related to the formation of an individual's social identity.	Yanti experienced a change from a housewife to an individual who is active in the world of social nightlife.	There is a shift in self-identity, where individuals are no longer only tied to domestic roles, but also as individuals who have a need for self-expression.
Habitus is influenced by economic conditions and social opportunities	Sari works as an LC to meet economic needs	<i>Clubbing</i> is not only seen as entertainment, but also as a survival strategy due to limited access to formal employment.
Habitus influences interaction patterns within the family	Yanti took her child to <i>the club</i> as a form of openness	Parenting patterns have shifted to become more permissive and open, where parents introduce social reality directly to children.
Habitus forms perception individual to reality	Nazwa initially look at <i>clubbing</i> negative, then changed after experience direct	Experience social form meaning new, where individuals No Again see clubbing in person black and white, but more contextual
Habitus can create alternative social spaces	Sa'at and Rinaldi use <i>clubbing</i> as a means of communication	<i>Clubbing</i> is an alternative interaction space within the family that allows for more open communication than at home.
Habitus develops along with social change	Society is starting to accept the presence of older people in night entertainment venues.	There has been a shift in values and norms in urban society, where activities that were previously considered taboo are now starting to be accepted.
Habitus reflects the relationship between individuals and social structures.	<i>Clubbing</i> activities are influenced by modernization and urban lifestyle.	<i>Clubbing</i> is part of the social construction of urban society which is influenced by globalization, changing values, and the dynamics of urban life.

Clubbing as a Means of Entertainment

Based on observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, most informants viewed *clubbing* as a form of entertainment to alleviate the boredom of daily life. In urban communities filled with work and economic pressures, nightlife is seen as a place to find temporary pleasure and enjoy a break from the routines of home and work. In field observations, researchers observed that most adult visitors came to nightclubs on weekend nights with work colleagues, partners, or their social circles. They were seen enjoying DJ music, chatting casually, dancing, and spending time until the early hours of the morning. Researchers also found that some visitors did not always consume alcoholic beverages, but rather enjoyed the entertainment and social atmosphere present at the venue.

Clubbing as a Social Space

Based on the results of observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan, *clubbing activities* among urban parents are also interpreted as a social space to build relationships, expand friendship networks, and gain a sense of togetherness amidst the individualistic nature of urban society. In modern urban life, nightclubs not only function as entertainment locations, but also become arenas for social interaction that bring together individuals from various work backgrounds, ages, and life experiences. In the results of field observations, researchers saw that most visitors came in groups with work friends, social communities, partners, or other social relations. They appeared to be actively engaging in conversation, sharing life stories, and building new social relationships while in the nightclub environment. Researchers also found that some visitors appeared to come alone, but once at the location they began to join and interact with other groups they had previously known. This phenomenon was evident from the results of an in-depth interview with Rld (22 years old), Rld explained that he viewed nightclubs as gathering spaces that made social relationships between friends closer.

Family and Community Responses to Clubbing Activities

Based on observations and in-depth interviews conducted by researchers at Helen's Night Mart Medan and the Tanjung Sari neighborhood, *clubbing* among urban parents elicits various responses from families and the surrounding community. These responses arise because nightlife activities are still considered a sensitive matter in social life, especially when carried out by individuals who have become parents. In this study, researchers found that some families have begun to accept these activities as part of modern urban life, but there are also families and communities that still view parents' involvement in the nightlife negatively. In field observations, researchers observed that family responses to *clubbing activities* are influenced by economic conditions, communication patterns within the household, and the intensity of individual involvement in the nightlife environment. Meanwhile, community views tend to be influenced by cultural values, social norms, and stereotypes that have developed regarding nightlife venues. Researchers also found a social stigma attached to parents who are active in the nightlife world, especially towards women who work or are frequently in such environments.

Furthermore, the development of urban culture and social media has led some people to view nightlife as part of a more open urban lifestyle than before. However, the moral stigma surrounding *clubbing* remains prevalent in local communities. Therefore, this study divides family and community responses to *clubbing* among urban parents into three sections: family responses, community perceptions, and social stigma toward parents *who club*.

Table 2. Analysis Response Environment and Family

Pierre Bourdieu's Habitus Theory	Field Practice	Analysis
Habitus is formed from an individual's life experiences and social environment.	Ynt took up <i>clubbing</i> after experiencing the stress of life as a single parent.	Stressful life experiences, such as divorce and single parenthood, shaped Ynt's new habitus. <i>Clubbing</i> became part of a routine considered normal as a means of escape. This demonstrates that social practices are shaped by recurring experiences in an individual's life.
Habitus is influenced by social relations and friendship networks.	Ynt and Si start getting to know the world of <i>clubbing</i> through invitation Friend	The social environment is a crucial factor in shaping habitus. Intense interaction with friends who are already familiar with the nightlife scene encourages individuals to adopt similar habits. In this case, habitus is formed through a continuous process of socialization.
Habitus creates patterns of behavior that are considered "normal" in a particular context.	Parents continue to <i>club</i> despite the stigma from society	In the context of urban society, clubbing has begun to be considered a lifestyle. The resulting habitus means individuals no longer view the activity as deviant but as normal, even though the community still views it negatively.
Habitus is flexible and can change according to social conditions.	He switched from informal work to work as an LC in a nightlife venue.	Changing economic conditions force individuals to adapt their habitus. Those previously uninvolved in the nightlife industry eventually adapt new habits as a survival strategy. This demonstrates that habitus is not static, but can change according to life's demands.
Habitus influences how individuals interpret an activity.	Ynt interprets <i>clubbing</i> as a means of reducing stress, not just entertainment.	The meaning of <i>clubbing</i> is not universal, but rather influenced by each individual's habitus. In Ynt's case, life experiences shaped his view that <i>clubbing</i> is an emotional need, not just a recreational activity.
Habitus plays a role in the formation of self-identity	Parents feel like they are "themselves" when they are at night entertainment venues.	Habitus allows individuals to express identities beyond their social roles as parents. <i>Clubbing</i> becomes a space where individuals can construct identities as free individuals unbound by domestic demands.

Habitus is also inherited through interactions within the family.	Ynt took his son (Nz) to a night entertainment venue	Parents' habits have the potential to be transmitted to their children through direct interaction. In this way, children begin to recognize and understand the world of nightlife as part of social reality, which then shapes new habits in the next generation.
Habitus is formed from condition economic capital	The one who works as LC for fulfil need life	Economic limitations are a major factor in the formation of habitus. The choice to work in the nightlife industry is not merely a lifestyle choice, but a survival strategy. This shows that habitus is also influenced by an individual's economic circumstances.
Habitus is related to the social space (<i>field</i>) where individuals interact.	Helen's Night Mart becomes room social place formation habit <i>clubbing</i>	Nightlife venues function as " <i>fields</i> " that shape and reinforce individual habitus. The interactions that occur within them create certain behavioral patterns that are then considered normal by the actors.
Habitus produces repeated and ongoing social practices.	Parents engage in <i>clubbing</i> repeatedly, especially when experiencing stress.	Habits that are practiced consistently will form persistent behavioral patterns. In this context, <i>clubbing</i> becomes part of a social routine undertaken to cope with the pressures of urban life.

Family Response

Based on observations and in-depth interviews conducted by researchers in Tanjung Sari Village and Helen's Night Mart Medan, family responses to *clubbing* among urban parents varied. Researchers found that some families still viewed nightlife as negative and contrary to family values, while others began to understand it as part of the demands of modern urban life. These differences in response were influenced by the family's economic situation, household communication patterns, and the intensity of individual involvement in the nightlife scene. In field observations, researchers observed that some informants frequently experienced family conflict at the beginning of their involvement in *clubbing* or working in the nightlife scene. These conflicts typically related to issues of late-night homecoming times, concerns about their partners' social circles, and negative societal views of the nightlife scene. However, over time, some families began to adapt and try to understand the conditions experienced by their family members.

The first stage, namely conflict, generally arises when family members, especially children, have a negative initial perception of *clubbing activities*. This is evident from the experience of Nz (18 years old), who was interviewed at a cafe in the Setia Budi area.

Public View

Public perceptions of *clubbing* among older urbanites show mixed responses. Some view nightlife as part of the changing lifestyle of modern urban communities, while others still consider *clubbing* to be behavior inconsistent with social norms and family values. In field observations, researchers observed that residents living near nightlife locations held varying views depending on their experience and the intensity of their interactions with the venue. Those who frequently interacted directly with workers and patrons of nightlife establishments tended to have more open-minded views than those who only observed the activity from the outside.

Social Stigma towards Parents *Clubbing*

Clubbing among urban parents still carries a social stigma within the community. This stigma arises because nightlife activities are often associated with negative behavior, promiscuity, and are considered inconsistent with the ideal image of a parent in society. In this study, researchers found that social stigma is directed more at women who are active in nightlife environments than men. Researchers observed that society tends to place certain judgments on individuals who are frequently seen in nightlife venues, especially when those individuals already have families and children. Some communities believe that parents should spend more time at home rather than being in nightlife environments until the early hours of the morning. As a result, individuals who are active in *clubbing activities* often receive negative comments, scorn, and even moral judgment from those around them. This phenomenon was evident in the results of an in-depth interview with Ynt (35 years old), who explained that she often experiences negative stigma since working in the nightlife environment. "Many people immediately assume women who work at night are bad. Sometimes, even before they know me well, they already judge me negatively. I even felt shunned by some neighbors after they learned about my work. One neighbor once changed his attitude after learning I worked at a nightclub. So it felt like I was being looked at differently. Sometimes I cried to myself because I was tired of dealing with people's gossip. But I work for my children and my living expenses, not for anything bad. Now I prefer to keep quiet and not talk too much about my work to others for fear of being judged again."

Discussion of the Clubbing Phenomenon Among Urban Parents from the Perspective of Pierre Bourdieu's Habitus Theory

Clubbing phenomenon among older urbanites in Tanjung Sari Village is a form of social change that has emerged as a result of the development of modern urban society. Urban life, filled with high mobility, economic pressures, changing social interaction patterns, and the development of nightlife culture, has led some people to begin making clubbing a part of their daily lifestyle. Based on observations and field interviews conducted by researchers at Helen's Night Mart Medan, *clubbing activities* are not only carried out by teenagers and young people, but also involve adults and even parents who already have families and children. From the perspective of Pierre Bourdieu's habitus theory, an individual's social practices are influenced by the relationship between

habitus, capital, and the social arena(Tan & Liu, 2022). Habitus is a mindset and habit formed through life experiences and the social environment that an individual experiences over a long period(Susanto et al., 2020). Capital consists of economic capital, social capital, cultural capital, and symbolic capital that an individual possesses to maintain their position in a particular social environment. Meanwhile, the social arena is a space where individuals engage in social interactions and maintain their existence through various social practices.

Habitus of Urban Parents in *Clubbing Activities*

Based on field observations conducted by researchers during the study, they found that *clubbing* among urban parents has become a social habit that is consistently repeated in daily life. Most informants considered nightlife a common activity after work or when experiencing life stress. This habit stems from the life experiences of urban communities accustomed to nightlife, modern entertainment, and a social environment increasingly open to nightlife(Sharlamanov et al., 2024).

Social Capital and Economic Capital in Clubbing Practices

Clubbing practices are also supported by the social capital possessed by the informants. Social capital in this study is evident in the network of friends, work relationships, and social relations that enable informants to engage in nightlife activities. Based on observations, almost all informants come to Helen's Night Mart with friends they already know. Ynt and Si generally come with colleagues or friends from the nightlife community. Meanwhile, S't more often comes with fellow construction workers. The presence of these social groups provides a sense of security, comfort, and emotional support for the informants. Social capital not only functions as a means of friendship but also serves as a factor in maintaining individual involvement in clubbing activities. The stronger a person's social relationships in the nightlife community, the more likely they are to continue engaging in those activities. In this context, social relations serve as a resource that facilitates individuals' access to various nightlife activities(Rukin, 2019).

Helen's Night Mart as a Social Arena

From Pierre Bourdieu's perspective, an arena (field) is a social space where individuals interact, compete, and maintain their positions through various forms of capital. Based on the research results, Helen's Night Mart Medan can be understood as a social arena that brings together various urban community groups with different occupational backgrounds, ages, and social statuses. Within this arena, visitors bring various capitals they possess. Economic capital allows them to access nightlife facilities. Social capital allows them to build and maintain friendship networks. Meanwhile, their habitus influences how they behave and interact within the arena.

Researchers observed that Helen's Night Mart is not only a place to enjoy nightlife, but also a space where individuals display their social identities. The way they dress, interact, the friendship groups they belong to, and the activities they engage in while there are all part of the social practices that take place within the venue. For Ynt, Si, and S't, Helen's Night Mart serves as a space that allows them to temporarily escape from the

routines of work and family responsibilities. Within the venue, they have the opportunity to interact with their social groups, share life experiences, and obtain entertainment that is considered to reduce the stress of urban life (Rasyid & Sandry, 2023).

Clubbing as a Social Practice in Urban Society

The practice of *clubbing* among urban parents is the result of the interaction between habitus, capital, and arena as explained by Pierre Bourdieu. Habitus formed from life experiences in urban environments, supported by the ownership of economic capital, social capital, and cultural capital, and taking place in nightlife arenas, produces a social practice in the form of clubbing activities that are continuously carried out by informants. This practice is not only interpreted as a form of entertainment, but also as a strategy to reduce the pressures of urban life, build social relationships, and balance personal needs with responsibilities as parents. Thus, Pierre Bourdieu's theory of practice is able to explain that clubbing activities among urban parents are social practices formed through the relationship between habitus, capital, arena, and the life experiences of the actors. Based on field research, researchers observed that *clubbing activities* have become part of the social practices of certain urban communities in Tanjung Sari Village. Busy and stressful city life makes some people need entertainment spaces to find emotional calm. This phenomenon was also observed by Ris (45 years old), the owner of a small food stall on Jalan Setia Budi, which is close to Helen's Night Mart Medan. In an interview with researchers, Ris said:

Negotiating Identity and the Role of Parenting in Urban Life

Based on observations and interviews conducted during the study, the researchers found that the informants did not view clubbing as a substitute for their roles within the family. Instead, the informants attempted to maintain their identities as parents while simultaneously fulfilling their personal needs for entertainment, social connections, and a stress-relieving space amidst the pressures of urban life. This situation indicates a continuous process of identity negotiation in the informants' daily lives. From a sociological and anthropological perspective, identity negotiation is the process by which individuals attempt to adapt their various social roles to different situations. In this study, the informants not only identified as fathers or mothers, but also as workers, members of friendship groups, and individuals with personal needs (Rarm & Tennent, 2024). These various identities often overlap and require adjustment to avoid conflict in daily life (Puspitasari et al., 2020).

Research Synthesis

Pressures of urban life → Habitus → Clubbing practices → Meaning → Social responses → Identity negotiation

This study shows that *clubbing* among older urbanites stems from the various pressures of urban life experienced by the informants. Urban life, characterized by high economic demands, uncertain employment, family responsibilities, and repetitive routines, creates various forms of stress in daily life. This condition was found in the

majority of the research informants, whether working as Ladies Companions (LC), construction workers, online drivers, or other informal sector workers (Rahmawati & Dewi, 2022). The ongoing pressures of urban life then form a certain habitus in the informants. From Pierre Bourdieu's perspective, habitus is formed through repeated life experiences and then becomes a mindset and habit that is considered normal by the individual. In this study, habitus is seen in the informants' habits of seeking entertainment, gathering with friends, and using the nighttime as a space to reduce boredom and life's stress. These habits do not emerge suddenly, but are formed through life experiences in an ever-evolving urban environment.

The established habitus then encouraged the emergence of *clubbing* as a form of social activity undertaken by informants. Based on field observations, clubbing practices are not simply about enjoying music or dancing, as is often understood by the public. Instead, most of the activities undertaken by informants involve gathering with friends, discussing work and family, sharing life experiences, and building social relationships within their social groups (Podomi, 2024). These findings indicate that *clubbing* has a strong social dimension in the informants' lives. Furthermore, *clubbing practices* are interpreted in various ways by informants. Some informants interpret clubbing as a form of entertainment that can reduce boredom after work. Others view the activity as a form of stress relief due to economic pressures and family problems they face. Furthermore, clubbing is also interpreted as a social space that allows them to obtain emotional support, expand social relationships, and maintain friendships amidst the tendency towards individualism in urban life (Pink et al., 2015).

4. CONCLUSION

Based on results study about clubbing practices among urban parents in Tanjung Sari Subdistrict, Medan City, can concluded that clubbing practices among urban parents are not only done as activity entertainment, but also being one form adaptation to dynamics life urban society. Activities the utilized as means For reduce saturation consequence routine work, get entertainment, expanding network friendship, as well as build interaction social outside environment family and work. Habits the show that clubbing has become part from practice social activities carried out by some urban parents in life everyday life. Urban parents interpret clubbing activities in general diverse in accordance with experience life, background behind work and environment each social group. For some informant, clubbing is seen as means recreation and release stress, whereas for informant other activity it also becomes room For build relation social and support activity job. Response family to practice are also diverse, starting from from receive, give tolerance, up to not enough agree, depending on value, pattern communication, as well as level built trust in family. Differences meaning and response the show that the practice of clubbing is phenomenon social context - influenced life every individual. From Pierre Bourdieu's perspective, the practice of clubbing among urban parents is practice social formation through connection between habitus, capital, and arena. The habitus that is formed from experience living in the environment urban encourage informants make clubbing a customs that are considered normal. The habitus

supported by economic capital, social capital, and cultural capital that enable informant access the entertainment arena night, building relations, as well as maintain existence they in environment social interaction between habitus, capital, and the arena produce continued clubbing practices reproduced as part from dynamics life urban society. With Thus, the practice of clubbing among urban parents is not only influenced by choice individual, but also a results from the ongoing social process in life urban society.

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