

THE ROLE OF THE FAMILY IN FOSTERING MENTAL HEALTH IN ADOLESCENT CHILDREN

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ABSTRAK

Keluarga merupakan lingkungan pertama yang menjadi pusat pendidikan bagi seorang anak. Seorang anak dalam melalui masa remajanya pasti membutuhkan banyak sekali dibimbing dan diarahkan. Usia remaja merupakan dimana seorang anak memiliki rasa ingin tahu yang tinggi, sehingga harus ada sosok dalam hidupnya untuk membimbing dan mengarahkan serta memotivasi. Tujuan dalam penelitian ini yaitu untuk mengetahui peran keluarga dalam membina kesehatan mental pada anak usia remaja. Metode dalam penelitian ini adalah menggunakan studi literatur, yaitu mencari dan memilah serta menghimpun sumber-sumber yang sesuai untuk dikaitkan dalam pembahasan. Pembahasan pada penelitian ini adalah remaja merupakan masa dimana seorang anak sedang tumbuh dan mencari jati diri, sehingga dalam kehidupan yang dialami tentu mendapatkan banyak masalah yang jika tidak dibimbing dari orang terdekat dalam hal ini adalah keluarga, maka akan terganggu kesehatan mental yang dialaminya, jika kesehatan mentalnya sudah terganggu maka akan terganggu juga kesehatan fisik maupun hormonalnya. Keluarga memiliki kewajiban dalam memberikan kenyamanan dan mengayomi anggota keluarga yang ada di dalamnya, dalam hal ini adalah anak. Peran keluarga dalam membina kesehatan mental seorang anak dapat dilakukan dengan melindungi, menjalin komunikasi secara interaktif, mendampingi, dan memberikan rasa nyaman kepada seorang anak.

Kata kunci: keluarga, kesehatan mental, remaja

ABSTRACT

The family is the first environment that becomes the center of education for a child. A child going through his teenage years definitely needs a lot of guidance and direction. Adolescence is where a child has a high level of curiosity, so there must be a figure in his life to guide, direct and motivate. The aim of this research is to determine the role of the family in fostering mental health in adolescent children. The method in this research is to use literature study, namely searching for, sorting and collecting appropriate sources to be linked in the discussion. The discussion in this research is that adolescence is a period when a child is growing and looking for identity, so that in the life they experience, they will certainly encounter many problems, if they are not guided by the people closest to them, in this case the family, their mental health will be disrupted, if their health If your mental health is disturbed, your physical

and hormonal health will also be disturbed. The family has an obligation to provide comfort and protect the family members within it, in this case the children. The family's role in fostering a child's mental health can be done by protecting, establishing interactive communication, accompanying and providing a sense of comfort to a child.

Key words: *family, mental health, teenagers*

INTRODUCTION

All of the parent definitely has the hope of having pious and pious children. As the first and foremost place of learning for a child, the family must provide adequate love and education for the child's continued development. The attention that parents give to their children will have an impact on the child's psychology (Endah, 2015). The character formation experienced by a child will go through various processes so that it requires assistance from parents, because the environment is the main factor in creating a family that is *sakinah, mawaddah, warahmah*. A harmonious and dynamic family is created because of good communication and sufficient attention between parents and children.

Various problems that arise in families often occur due to a lack of two-way communication. Parents are often busy with their work outside the home, while children are left to carry out all their activities without special attention from their parents. Some parents think that the attention given is enough if they follow their wishes without paying attention to the education of love, noble character, even morals. The transitional age of children towards adolescence is a time when a child is looking for his identity and usually has a high level of curiosity. In this phase, parents should be able to provide a lot of support and guidance (Ahmad Tafsir, 2004). However, in fact, parents do not understand how to respond to a child's development in this transition phase, especially if it is the first child, of course the parents do not have experience in paying special attention so that the result is that many teenagers experience promiscuity, commit violence, decline in moral levels, even depression, and all of this will certainly disrupt the mental health of children in their teens.

Mental health is often referred to as mental health, if one is mentally healthy it will affect overall health. Mental health is a basic aspect in overcoming the various twists and turns of life. Of course, everyone has ups and downs in life and

can have the potential to suffer from mental disorders. If the surrounding environment can provide sufficient support and attention, then the mental condition will be stable, but if there is not enough attention from the surrounding environment, then the condition will be the opposite (Ayuningtyas et al., 2018). Of course, the mental health conditions of each individual cannot be the same, because the circumstances and treatment of the people around them, especially in the family environment, towards a teenager are different.

Adolescent children are vulnerable to mental disorders, this can happen because apart from being at a transitional age, they also have a high level of curiosity which is shaped by special challenges that can have an effect on their well-being. The most common mental health disorders experienced by teenagers are anxiety disorders and thinking too much about negative things that may not necessarily happen. This can be seen from the results of research conducted by the University of Queensland health center which stated that the prevalence was 3.7%, while major depression was at a prevalence of 1.0% (Di et al., 2023). The large number of mental health problems in Indonesia among teenagers, of course, really requires the role of the family in developing them.

Research conducted by Dumilah et al in 2018 stated that the mental health situation in society could be handled with certain strategies. This research only discusses strategies for dealing with mental disorders and efforts to prevent them. Meanwhile, in this research, the author focuses on the important role of the family in fostering the mental health of adolescent children. Therefore, this research aims to discuss the role of the family in efforts to maintain mental health in adolescent children by creating a family environment that supports the psychology of child development.

METHODS

The type of research used in this research is descriptive research with Library Research studies. The author uses descriptive research by analyzing various sources based on theories relevant to this article and then interpreting them in the discussion in this article (Sari, 2021). The data sources used in this research are secondary data

sources, namely based on literature studies from various scientific papers which are then processed to obtain new data results in research.

DISCUSSION

Mental Health

Understanding Mental Health

According to the world health organization commonly known as WHO, mental health is a condition where each individual is able to condition the well-being of his life, can cope with various stresses of life normally and is able to find solutions to every problem he faces, and can work productively in carrying out his daily activities (WHO, 2013). Mental health is often associated with various problems at a child's age. Considering that at the age of a child, a person will face many problems and they are not used to accepting the onslaught of problems.

Problems that tend to be new for a child will grow mental strength, because experience will provide a special memory for the perpetrator of the problem. Mental health is clearly an integral part of the true definition of health, because mental health has a comprehensive impact on bodily health. If there are no mental problems, it will minimize the emergence of illnesses that will arise. Many diseases arise due to a decrease in immune power, while a decrease in immune power is influenced by a person's mental health (WHO, 2011). It is common knowledge that mental health is an important instrument in a person's survival.

In the context of mental health, there are two terms that are often known, the first is disturbances in thoughts, behavior and feelings or the commonly known term, namely ODGJ (People with Mental Disorders). Second, OMDK (People with Mental Problems) is someone who has problems in terms of physical, mental, social and developmental issues. Problems that occur are due to disruption to a person's mental health (Ayuningtyas et al., 2018).

Efforts to Achieve Mental Health

All elements in society involved in a child's educational development are very important in determining his education and character formation. Especially in this digital era, everything cannot be separated from the use of social media platforms in daily activities. Especially in terms of education, we have started to maximize

media platforms as a means of learning. It turns out that the increasing number of children's interactions with media platforms can also have a negative impact on children's development if they are used too excessively and for negative things. High intensity use of social media or various platforms using the internet network will affect children's mental health levels (Pertwi & Sihotang, 2023).

A child's achievement in maintaining mental health can be optimized if the surrounding environment can have a positive impact on their daily behavior, because the environment greatly influences a child's level of mental development. If the environment is supportive, children will develop their character. Apart from that, the elements of society involved must provide education through various activities that are in accordance with the capacity of the surrounding environment, such as schools, so schools must provide education by providing good habits that can achieve the integrity of students' mental health, always monitoring developments. students, protect and protect their students. Not only schools, but everyone involved in a child's mental development period.

Parent's Obligations in Educating Children

The personality and character of a child depends on how parents provide their rights and obligations as parents. If, during a child's development, parents take part in educating their child properly and correctly, it is likely that the child will have good character. This good character will influence the level of behavior in life, and this will have an impact on a child's mental health. As stated in article 45 paragraph (2) of Law No. 1 of 1974 which states that "Both parents are obliged to maintain and provide the best education to their children who are not yet adults" (Hadikusuma, 2019). Based on this law, it can be concluded that children before adulthood really need education from their parents for their survival, which will have an impact on their mental health.

Apart from that, parents are also obliged to look after a child and provide for all his life needs. This is stated in article 49 paragraph (2) which states that "Even though parents are deprived of their authority, they are still obliged to provide maintenance costs for the child." The financing provided by parents in terms of financing based on this law does not only have to be done when the child is 18 years

old, but for children who are married but are not yet able to stand on their own (Soemiyati, 2002). Based on the explanations above, it can be understood that parental obligations greatly influence a child's level of development, both psychologically and hormonally. If the obligations of parents can be conveyed well to a child, then the child will also give reciprocity to his parents (Suprihatini and Amin, 2008).

Factors that Influence parents in Guiding Children

Among children who grow up to have great talent and strong potential, it turns out that there are several factors that influence parents in guiding their children. Especially in guiding children during their teenage years, it can provide positive energy for the child so that his mental health is maintained. Factors include, first, parents already have an obligation to educate their children, so it has become a necessity for parents to accompany their children in the process. Second, parents are the first motivators in the child's social environment, so they must be able to provide encouragement and support and direct them to positive things. The motivation given by parents is not in the form of giving cellphones or other facilities to brighten up their day, but how to provide proper attention and education (Hartati Rismauli, 2022).

According to Shafer (2001) in his research, the motivation given by parents to a child is by providing encouragement as a fulfillment in supporting talents based on the potential they have. Based on this explanation, the role of parents in providing motivation is an important factor in providing guidance to a child. Moreover, children who are growing into adolescence are very vulnerable to problems, so they really need someone close to them to listen to their complaints and the various problems they are facing. Children will of course see how their parents respond and will ask for solutions to solve the problems they are facing, including input to improve the quality of their talents (Marliana, 2017).

The Role of the Family in Fostering the Mental Health of Adolescent Children

According to WHO, adolescence is when a child is aged 10-19 years, where the biological and hormonal phases are increasingly rapid, apart from that, the

child's developmental psychology has begun to change significantly. Adolescence is a transition for a child, thinking becomes more organized and the decisions a person will take become more mature. Someone who is in this phase tends to have high curiosity and usually very high hormonal activity, so that when a child is in their teens, often when faced with problems, their hormones contract more highly (Sofwan Indarjo, 2009).

Adolescence is divided into several phases, including the early phase, middle phase and final phase. Things experienced by teenagers in these three phases can be said to be normal if a teenager does not have mental disorders, can accept the changes experienced both physically, hormonally and psychologically, is able to express his feelings and begins to know his limits, is able to schedule a job and carry out the job well. solemn, able to interact socially wisely and adapt himself, and able to play his role in that environment. Teenage mental health includes teenagers' feelings towards themselves, teenagers' feelings towards others, and how teenagers deal with everyday life problems. If this can be applied to a child, then the child's mental health can be said to be good.

Often what happens to teenagers is just the opposite. The mental health criteria mentioned are not yet attainable by most children in their teens. This is influenced by the fact that most children lack attention from their families, especially their parents. Lack of attention from parents causes a child to seek attention in other environments, which is not necessarily good for his mental health, because the environment is very influential on the survival of a child. According to Jean Piaget, in early adolescence the mind becomes abstract, mixed, conceptual, and has an orientation for the future. This can trigger a teenager to do new things that they haven't thought about before facing the risks that will occur. Apart from that, high levels of shame make children reluctant and embarrassed to talk about the problems they are experiencing (Felling. J, 2009). To prevent undesirable things, of course there must be steps taken by a child's closest environment in dealing with various problems, in this case the family. Families, especially parents, must have an interactive role in fostering mental development in adolescent children.

Handling and developing mental health for a child can be done from an early age by paying attention to various things. The mental health of children in their teens can be well maintained if the family can provide support and encouragement to the child and pay more attention to the child so that the child does not feel lonely and does not seek attention outside. The complex problems experienced by a child in adolescence are caused by a lack of attention from the family, in this case the parents. Problems that often arise and disrupt children's mental health mostly arise from social problems, within the realm of friendship and even romance.

The following is the role of the family in fostering mental health for children in adolescence:

a. Protective Role

Every child has the right to receive protection from their family, especially their parents, especially their father as the leader of the household. The family is the main fortress for a child, of course the protection that must be carried out first starts from the family. Protection is carried out from various things, protecting children from promiscuity, protecting children from various dangers, including providing good education is certainly one form of protection that families strive for in fostering mental health for a child (Elyusra Ulfah, 2021).

b. The Role of Establishing Interactive Communication

Good relationships in the family begin with good communication. Harmony in the family, especially the relationship between children and parents, can certainly be realized if there is good and interactive communication. Interactive communication can make a child more open to parents, so that if there is a problem a child is experiencing it can be resolved immediately.

c. Accompanying Role

Parents have a large role in accompanying their children during their growth and development. The mentoring process needs to be carried out so that children can feel guided and not alone. If a mistake is made, it can be immediately corrected. This is an education process in the household that really needs to be done.

d. The Role of Providing a Sense of Comfort

Feeling comfortable is a natural thing that all children want. As parents who protect their children, of course you must provide comfort in socializing in the

household. This has a big influence on the continuity of the child's psychological development, the more comfortable the child feels in his family, the less mental disorders he will face.

CONCLUSION

The family is the first environment where a child receives education. Educational success and future achievements depend on how parents educate their children. Achieving a qualified education is also produced and influenced by a child's mental health. Parents must pay attention to children's mental health, because teenage children are still very vulnerable in maintaining their mental health. Various problems will arise if you don't get enough attention and guidance from your family, especially your parents, what will happen is that your mental health will be disturbed. Mental health greatly influences overall health, if there are no mental problems, then a teenager will get used to and easily face various challenges and obstacles. However, if not, it will be the opposite, therefore, children in their teens still really need guidance and attention from their parents and need intrinsic motivation from their family so that their health can always be maintained, especially in terms of mental health. If they are mentally healthy, it will be easier for children to achieve what they want according to their talents.

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