

**IMPLICATIONS OF SELF HEALING ON PSYCHOLOGICAL WELL BEING OF PARENTS IN THE EARLY CHILDHOOD EDUCATION UNIT RA ASH SHOFA PURWAKARTA**

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**ABSTRAK**

Penelitian ini dilatarbelakangi terkait pentingnya kesehatan mental atau kesejahteraan psikologis bagi orangtua. Orangtua yang memiliki psychological well being akan menjadi individu yang bahagia, tidak memiliki gejala depresi, memiliki kepuasan hidup serta mampu mengembangkan diri dengan baik dan juga mendidik anak dengan optimal. Sedangkan self healing merupakan sebuah proses untuk menyembuhkan luka yang ada dalam diri sendiri untuk melepaskan emosi negatif berupa kemarahan, dendam, dan rasa nyeri baik yang berhubungan dengan orang lain, suami ataupun anak-anaknya agar menjadi pribadi yang efektif. Tujuan penelitian ini adalah untuk mengetahui dampak self healing terhadap psychological well being orangtua yang memiliki anak usia 4-6 tahun. Metode penelitian ini menggunakan pendekatan kualitatif deskriptif. Penelitian ini menggunakan pendekatan purposive sampling dimana sample yang menjadi objek penelitian adalah orangtua yang memiliki anak usia 4-6 tahun di RA Ash Shofa, Purwakarta sebanyak 25 orang. Hasil penelitian menunjukkan sekitar 85% setelah orangtua melakukan self healing, orangtua tersebut merasa lebih tenang, nyaman dan lega karena terdapat pelepasan emosi negatif berupa marah, kesal, kecewa baik karena konflik dengan orang lain ataupun selama mengasuh anak-anaknya. Dengan demikian self healing dapat meningkatkan kesejahteraan psikologis orangtua sehingga para orangtua dapat mendidik dan membimbing anak-anak dengan baik dan penuh kesadaran diri.

**Kata kunci** : Self healing, Orangtua, Psychological well being

**ABSTRACT**

*This research is motivated by the importance of mental health or psychological well-being for parents. Parents who have psychological well-being will be happy individuals, have no symptoms of depression, have life satisfaction and are able to develop themselves well and also educate their children optimally. Meanwhile, self-healing is a process of healing wounds within oneself to release negative emotions in the form of anger, resentment and pain, whether related to other people, one's husband or one's children in order to become an effective person. The aim of this research is to determine the impact of self-healing on the psychological well-being of parents who have children aged 4-6 years. This research method uses a*

*descriptive qualitative approach. This research uses a purposive sampling approach where the sample that is the object of research is 25 parents who have children aged 4-6 years at Ash Shofa Kindergarten, Purwakarta. The research results show that around 85% after parents carry out self-healing, the parents feel calmer, more comfortable and relieved because there is a release of negative emotions in the form of anger, annoyance, disappointment either due to conflicts with other people or while caring for their children. Thus, self-healing can improve the psychological well-being of parents so that parents can educate and guide their children well and with full self-awareness.*

**Keywords :** *Self healing, Parents, Psychological well being*

## **INTRODUCTION**

Psychological well-being is an important element that needs to be developed in individuals in order to fully strengthen their engagement in facing responsibilities and achieving their potential. (Lyubomirsky, Dickerhoof, Boehm, & Sheldon, 2011; Seligman, 2011) Riff, 2007, cited by Heintzelman, S. J. (2018) suggests that individuals with low psychological well-being will have poor levels of self-acceptance, often feeling dissatisfied. towards himself, feeling disappointed with past experiences, and having hopes of not being who he is now, then the behavior of having minimal relationships with other people appears, having difficulty being warm and reluctant to have ties with other people, currently having no goals he wants achieved in life, and not having beliefs that can make his current life more meaningful.

The concept of Psychological Well Being began in 2006 at the International School Psychology Association (ISPA), by forming a conceptual framework for Promoting Psychological Well Being globally starting with meetings of school/educational psychologists in 12 countries (Brazil, Estonia, Greece, India (Mumbai), Italy (Padua), Mexico (Xalapa), Romania (Bucharest), Russia (Samara), Slovakia (Kocise), Sri Lanka (Negombo), Tanzania (Arusha), Boston, Massachusetts (Asian American) which is called Promoting Psychological Well-Being Jurnal Diversita, 6 (1) June 2020: 63-76. Globally (PPWBG) project (Nastasi and P. Borja, 2016).

Psychological well being (Cohen and Sherman, 2014; Meyers et al., 2013). According to Ryff, 2007 (cited by Bano, 2014) the description of the characteristics

of people who have psychological well-being refers to Rogers' view of fully-functioning people, Maslow's view of self-actualization, Jung's view of individuation, Allport's concept of maturity and also corresponds to Erikson's concept in describing individuals who achieve integration rather than despair. (Viitpoom and Saat, 2016).

Psychological well-being can be characterized by obtaining happiness, life satisfaction and the absence of symptoms of depression. Ryff, Bradburn, et al, 2007 (cited by Joaquín, 2015). Happiness is the result of psychological well-being and is the highest goal that every human being wants to achieve. . Psychological well-being in adulthood is an important thing to pay attention to. (Evans and Greenway, 2010, Joaquín, 2015) Psychological well-being is an important element that needs to be developed in individuals so that they can face and carry out their developmental tasks fully and face responsibilities and achieve their potential. Oireachtas (2012), Feelings of prosperity and comfort in their living environment can enable individuals to develop themselves optimally (George, L.S, 2016).

Self-healing is a method that has received quite a lot of attention because it is thought to help someone control emotions and anger (Chan et al., 2013; Crane & Ward, 2016). Self-healing literally means self-healing, because the word healing itself is defined as "a process of cure": a process of treatment/healing. Self-healing is intended as a process of treatment or healing that is carried out by oneself through the process of one's own beliefs and is also supported by the environment and supporting external factors (Crane & Ward, 2016).

Health is important because it is a human need that must be fulfilled. Achievement of being healthy can be achieved by doing self-healing. There are various forms of self-healing, one of which is forgiveness. According to Ghani (2011) forgiveness is a condition where individuals process to let go of anger, revenge and pain caused by other people. This shows that in carrying out self-healing a person can carry out the process of releasing anger, resentment and pain due to conflicts with other people. This is important because with forgiveness, a person can let go of all negative emotions so that they do not continue for too long.

Self-healing is closely related to confidence because the self-context is an important element in motivating a person's self-confidence. Apart from that, self-

healing is also related to intrapersonal communication because there is an internal dialogue process that occurs within the self's own space. The self itself can be defined as an "individual known to individual" which contains a number of components and processes that can be identified such as cognition, perception, memory, feelings/desires, motivation, awareness, and conscience (Beck et al., 2002). The application of self-healing can be in the form of individual practice or through structured guidance such as training (Hongo et al., 2018). In this latter form, self-healing can be modified comprehensively by a trainer and then taught to other individuals. The development of self-healing training can vary. Some practices sometimes include additional elements such as a spiritual side, cleansing the soul, physical movement, self-defense, and so on. Based on this background, the researcher will implementing self-healing practices for parents who have problems to strengthen the psychological well-being of these parents at RA ASH SHOFFA Purwakarta Regency.

The approach used in this research is a descriptive qualitative approach. The selection of subjects in this research was carried out using the "Purposive Sampling" approach, namely a data source sampling technique with certain considerations. In this study, researchers conducted research on 25 parents who have children aged 4-6 years who often have problems who live in Purwakarta from February-October 2023, with the following data results :

Table 1. Data Self Healing on Psychological Well Being of Parents in The Early Childhood Education Unit RA Ash Shofa Purwakarta

No.	Name Parent	student's name	Age	Emotional Scale Before Self Healing	Emotional Scale After Self Healing
1	ADM	JK	4	9	4
2	LB	FSK	5	9	2
3	PRW	KSH	5	10	5
4	NAJ	NBL	5	9	3
5	NYS	AIS	4	10	4
6	ADM	JK	6	9	2

7	KLM	DVN	4	8	4
8	EP	TPK	5	9	1
9	ES	NNA	4	9	4
10	MD	RDS	5	9	4
11	RHY	KST	5	8	5
12	KTK	MT	4	9	2
13	RM	NDY	6	9	4
14	TN	SLW	4	7	5
15	KK	ZYA	5	9	4
16	RD	STR	5	10	3
17	AD	TYA	4	9	5
18	KY	AGS	5	9	3
19	AN	ZFR	5	8	2
20	TN	DEA	6	6	0
21	LS	NY	4	8	5
22	BY	BNG	5	10	2
23	DSI	MK	4	9	4
24	AM	JT	6	8	5
25	DM	KNY	5	8	3

The research results show that around 85% after parents carry out self-healing, the parents feel calmer, more comfortable and relieved because there is a release of negative emotions in the form of anger, annoyance, disappointment either due to conflicts with other people or while caring for their children. Thus, self-healing can improve the psychological well-being of parents so that parents can educate and guide their children well and with full self-awareness.

## DISCUSSION

Worthington & Scherer (2004) state that forgiveness in self healing is a process of changing negative emotions such as offense, anger and hurt into positive emotions such as empathy, sympathy and doing good deeds. The basis of forgiveness is carrying out a process of change to release negative emotions into positive ones so that people become empathetic, sympathetic and do good things. The two explanations above suggest that forgiveness is a positive process. This is good because in the process individuals change negative emotions such as anger, resentment, offense into positive emotions.

Based on the explanation above, it is known that forgiveness is a process through which individuals change and release negative emotions into positive emotions so that they can empathize, sympathize and do good deeds. In the concept of forgiveness, there are several benefits obtained after going through several processes. Ghani (2011) forgiveness is a condition where individuals process to let go of anger, resentment and pain caused by other people. The process that individuals go through will certainly have benefits, as the statement shows that forgiveness has the benefit of releasing feelings of anger, resentment and pain due to other people's treatment. Some of the things that are released in the forgiveness process are negative emotions that individuals have. This shows that forgiveness is carried out with the aim of releasing negative emotions resulting from conflicts with other people. Apart from the benefits above, there are other benefits of forgiveness, namely that it has a positive impact on improving overall well-being, such as a good life, as well as having good self-esteem and self-confidence (Woodyatt, Wenzel, & de Vel-Palumbo, 2017).

This shows that the application of forgiveness is important for someone to do as a process to move towards positive things as mentioned. The benefits obtained are the result of the individual's process of releasing anger, resentment and several 24 negative emotions so that a better life with more positive emotions emerges. According to Pradana (2020) forgiveness is important for present and future life because by applying forgiveness a person can face conflicts in the present so that it is easier to be forgiven.

This shows that individuals who apply the concept of forgiveness in their lives will find it easier to deal with conflict. The explanation above shows that forgiveness has good benefits to apply in everyday life. There are several benefits of forgiveness, namely releasing negative emotions, gaining prosperity in life and making it easier to control conflict and forgive. 3. Application The sub-chapter above explains that forgiveness has the good benefit of releasing negative emotions, gaining prosperity in life and making it easier to control conflict and forgive. Therefore, forgiveness is a good thing if applied in everyday life.

## CONCLUSION

The conclusion provides the answers of the research questions. This part must be written in paragraphs. In a field research-based article, conclusion contains the brief elaboration of the answers of the research questions based on the findings. While in the library research-based article, conclusion is the result of the analysis of problem solving. At the end of the conclusion, the writer needs to add the weakness and contribution of his research along with the possibility for the further research.

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