

"The Role of Family Counseling in Developing Children's Mental Health"

Azka Dhianti Putri¹, Ineu Silviany², Nadia Aulia Nadhirah³, Nani M. Sugandhi⁴

Universitas Pendidikan Indonesia¹, Universitas Negeri Semarang², Universitas Pendidikan Indonesia³, Universitas Pendidikan Indonesia⁴

azkadhianti@upi.edu¹, ineusilviany@gmail.com²,

nadia.aulia.nadhirah@upi.edu³, nanims@upi.edu⁴

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Abstract: The role of the family is very important in building children's mental health and preventing children's mental disorders. The family is the smallest unit in society which plays an important role in children's education, where interaction and communication occur by sharing love, happiness, and sadness so that it is closely related to the child's development process. Therefore, family counseling is very important in helping to improve the system within the family, where this system will greatly influence the child's mental health. Family counseling is a process of assistance provided by counselors to help clients as family members through the family system to solve problems by improving communication or the family system so that the family can return to being functional and harmonious. So the role of family counseling is very important in developing children's mental health, one of which is its role in restructuring the family unit which is very important in building children's mental health. This scientific paper uses the literature review method by exploring several journals, books, and documents, both printed and electronic, as well as other sources of data or information relevant to the study.

Keywords: Role, Family Counseling, Mental Health

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INTRODUCTION

Family is the first place for every child to get affection and know love. However, some children don't get it. This is evident from research conducted by (Prasasti, 2017) that one of the factors in juvenile delinquency that indicates the absence of good mental health in adolescents is family factors, be it brawls,

drinking, drugs, sexual imbalance, or smoking. In line with what is explained by (Alfaruqy & et al., 2018) prolonged conflict between parents and children can give rise to children's psychological problems in the future. Apart from that, in research conducted by Keyes (Ifdil, 2018) it was found that one in ten children aged less than 14 years showed symptoms of depression, and 20 percent of children aged around 16-17 years experienced anxiety disorders, behavioral disorders, and substance use. prohibited substances. Then, there was research conducted on several patients suffering from mental disorders which proved that the biggest cause for them now lies in the education they received as a child (Daradjat, 1993; Nielsen, in Ifdil, 2018). What is meant by education here is the condition and atmosphere of the household, whether it is the mental state of the parents, the relationship between family members and each other, as well as the parent's attitude towards the household and their children (Daradjat, 1993).

One of the goals of the family is to provide peace, happiness, and love (Ifdil, 2018). One of the hopes of children having good mental health is that children can build and develop resilience within themselves so that they can face various pressures that occur in their lives (Ifdil, 2018). Therefore, of course, it can be expected that if a child's condition is like this, it will certainly be difficult for him to adjust to his adult life. Moreover, it turns out that if one of the family functions is not functioning, it can cause various mental health problems that can be experienced by family members which can have an impact on the child's development (Ifdil, 2018). The aim of this research is to determine the role of family counseling services in dealing with mental health issues in children's environments.

Therefore, the role of family counseling services is needed to be able to re-establish a good system in the family so that it can help children's development and not hinder it. Where the family should be the first place to provide comfort, safety, love, and psychological well-being so that children can

believe that there is always a place of refuge behind the harshness of the world they feel (Ifdil, 2018). Apart from that, a harmonious family can create psychological inner peace in children which leads to mental health in each teenager (Ifdil, 2018). So that children can actualize themselves through their achievements at school.

METHOD

The method used in writing this scientific paper is the literature review method. The literature review method is a method of collecting library data, reading, recording, and processing research materials (Zed, 2003). According to Zed (2003), the library study method has four main characteristics. First, the writer is dealing directly with text or numerical data, so not with direct insights from the field. Second, library data is "ready to use" which means the author does not go directly into the field because he only deals directly with the relevant data sources found. Third, that library data is generally a secondary source, which means that the author obtained the source from a second party. Fourth, the condition of library data is not limited by space or time. Therefore, it can be concluded that data collection in writing this scientific paper was carried out using the literature review method by exploring several journals, books, and documents that were considered relevant to the study.

FINDINGS AND DISCUSSIONS

According to (Laela, 2017; Siregar, 2015; Yoga & et al., 2015), the family is the smallest unit in a society, in which there are father, mother, and children, each of whom has a role. Family according to (Ifdil, 2018; Mujiyati & Adiputra, 2019) is a group of people who live together and are united by bonds of marriage, blood relationship, or adoption, so that interaction and communication occur by sharing mutual love, happiness, sadness, ideas, and experiences. for a common goal, namely shared happiness. Meanwhile,

according to (Rahmi & Januar, 2019) the family is the first and main unit in the child's education process. Meanwhile, according to Lestari (Saskara & Ulio, 2020), a family is a household with blood relations that provides its members with instrumental functions such as food, drink, and various basic needs as well as expressive functions such as loving and protecting each other. According to (Harahap, 2021) the family is the main environment that is closely related to a child's personal development. Therefore, it can be concluded that the family is the smallest unit in society which plays an important role in children's education, in which interactions occur with each other by sharing love, happiness, and sadness so that it is closely related to the child's development process.

Family counseling according to (Ernawati, 2011; Siregar, 2015) is a process of assistance provided by a counselor that involves family members to solve problems that are being experienced by the family or family members through the family life system by seeking positive behavioral changes so that they can give each other positive impact among family members. According to (Yanti, 2020) family counseling is a counseling approach that focuses on developing the personal capacity of each counselee in the family so that it is hoped that household harmony can be achieved. Family counseling is an interactive process carried out by counselors and family members to help families achieve a balanced psychological condition within the family so that each family member can feel happiness (Perez, in Nai'imah, 2011).

According to (Laela, 2017) family counseling is a method designed to focus on existing problems in a family to help solve the client's problems. Family counseling according to (Sunarty & Mahmud, 2016) is assistance provided by the counselor to the counselee as a problematic member of a family, which aims to ensure that family members can solve the problems they face themselves so that they can return to being prosperous individuals and a functional family. harmonious. According to (Willis, 2021) family counseling is a counselor's effort to help individuals as family members be able to actualize

their potential or be able to anticipate problems that clients may experience from a less harmonious family life system, as well as trying to help clients have positive behavior so that it has an impact. also to other family members. According to (Ulfiyah, 2021) family counseling is an effort to assist counselors as family members through existing systems in the family, especially in terms of helping improve family communication so that the potential of all family members can develop optimally.

Therefore, it can be concluded that family counseling is an assistance effort provided by the counselor to help the counselee as a family member through the system that runs within a family to solve problems by improving communication or family systems so that the family can return to being functional and harmonious.

Mental health is a state where a person is protected from symptoms of mental disorders so that they can adapt to themselves and others (Ismayanti, 2017). Meanwhile, according to Kartini Kartono (Ismiyanti, 2017) mental health is the ability to act, have goals, self-concept, and a healthy personality. According to Yahya Jaya (Ismiyanti, 2017), mental health is a state of realizing full harmony between mental functions so that individual adjustments to their environment can be created based on faith and piety so that the aim is to achieve a happy and meaningful life both in this world and the hereafter. Therefore, it can be concluded that mental health is a state of self-harmony between mental functions so that symptoms of disorders can be avoided and the individual can adapt to his environment.

The mental category of a healthy child according to (Ismiyanti, 2017) is having a positive inner attitude towards himself, being able to actualize himself, being able to integrate with existing psychic functions, being able to be independent, having an objective perception of the reality that occurs, being able to harmonize conditions. environment with yourself. Where children's mental health is built from a healthy family system (Simajuntak, 2013)

According to Nick De Frain (Ismiyanti, 2017), the criteria for healthy family relationships are the creation of religious life in the family, the availability of time to be with the family, interaction between family members, mutual respect in interactions, and if the family experiences a crisis, the main priority is the family. According to (Yanti, in Ulfiah, 2021) a healthy and happy family is a family that can support children's development well, has a good religious life, has time to gather together, has a consumption pattern that can be enjoyed together, and can respect each other.

Apart from that, a family can be called healthy if it can fulfill the functions of the family itself. According to (Laela, 2017), there are 2 functions of the family, namely family resilience and family strength. Family resilience according to Walsh (Laela, 2017) is the ability to rise from suffering or problems. The three key factors for family resilience are belief, family organization patterns, and communication processes. The second factor, namely family strength, is the quality of relationships within a family which influences the family's mental health. There are six characteristics related to family strength, namely committing, being willing to express appreciation, developing spiritual values, taking time to gather together, being able to resolve conflicts and dealing with pressure and crises effectively, and having rhythm. In line with what was stated by (Alfaruqy & et al., 2018) individual spirituality and the development of spirituality in the family play an important role in the development of family function and mental health, including children. Therefore, it can be concluded that a healthy family is a family that has time to interact together, respects each other in their interactions, has a good religious life, and has resilience and family strength.

The role of the family is certainly very strategic in determining the future of society, nation, state, and religion (Siregar, 2015). Therefore, the role of the family is very important in building children's mental health so that children can actualize themselves optimally in society, nation, state, and religion. It could be

that parents are busy with work, children feel neglected and awkward with their parents, or if parents have different attitudes toward children, then children can feel useless, sad, or lack self-confidence (Ismiyanti, 2017). In line with what is explained by (Daradjat, 1993) parents who are too harsh, like to compare with other children, and intervene too much can cause the child's peace of mind to be disturbed.

In addition, a family system that is pathological or not functioning properly will have a greater influence than the individual child's internal condition on their mental health condition, and can even cause mental disorders (Alfaruqy & et al., 2018). In line with what (Kelchner, 2020) explains, the family system will influence the child's welfare. Therefore, a harmonious and harmonious family is needed because it will affect the child's character, where a child's good character also indicates good mental health in the child (Sutriyanti, 2016; Saskara & Ulio, 2020). The role of the family is very important in protecting children from mental health disorders, several factors that can protect them are living in a stable home environment, adequate employment of parents, good parents, and good mental health of parents (Puspita, 2019). Therefore, it can be concluded that the role of the family is very important in building children's mental health and avoiding children's mental disorders.

Family counseling is certainly important to build children's mental health. Because if there is pressure from the family, it can influence or impact the child's mental health (Ismiyanti, 2017). In line with what Perez explained (Laela, 2017) the illness of a family member is created by the result of interactions with the environment or family system that is also sick. So family counseling is needed to help the new family harmonize between its members so that harmony can be created within it (Ernawati, 2011). Harmony in the family is important in developing the younger generation, especially in developing their mental health in a healthy manner (Ernawati, 2011). Apart from that,

family counseling is very useful in increasing the resilience of family members, especially in situations of maladaptive reintegration in the family, where the resilience of family members is built from their respective mental health so that when the resilience of family members is increased, their mental health also develops (Ulfiah, 2021).

Apart from that, family counseling is also needed to improve the child's relationship with his parents or the parenting style given by his parents, because many children's problems still occur due to poor parenting patterns or relationships between the two (Ismiyanti, 2017). Good family interaction also plays a role in child care and influences the child's individual growth (Alfaruqy & et al., 2018). Ideally, a child's personal development will be optimal if they are together with a harmonious family so that the child's mental health is maintained (Wenar and Kerig, Harahap, 2021). Children's mental health will be maintained if they fulfill three mental needs, namely the need for growth and development in all aspects of the human self, the need to love and be liked, and the need to be liked and loved (Farida, 2013). Family counseling can also help overcome mental problems or develop children's mental health (Ernawati, 2011). This is in line with what Sprenkle explained in (Williams, Weinzatl., & Varga., 2020) that family counseling is considered an evidence-based practice for resolving various problems that arise in children, adolescents, and adults. Where the influence of the function of this family system has an impact on children's welfare (Kelchner, 2020). Therefore, it can be concluded that family counseling is very important in helping to improve the existing system in the family which has a big influence on children's mental health.

Family counseling will certainly have a big impact on building children's mental health, there are several roles of family counseling, namely:

1. Facilitate communication of thoughts and feelings between family members, which is of course very important in building the mental health of family members, especially children (Laela, 2017). So that family members can respect

each other emotionally. This is in line with what (Mujiyati & Adiputra, 2019) explain that counselors play an important role in expressing emotions to form efficient bonds in the family.

2. Reorganizing the family unit which is very important in building children's mental health (Laela, 2017). So that a balance can be achieved that allows the growth and development of each member, including the children (Willis, 2021; Harahap, 2021; Siregar, 2015).

3. Help resolve divisions between family members so that they can help rebuild the mental health of children in the family (Laela, 2017). This is because parental treatment or bad conditions in the family can have a bad influence on children's mental health (Kuswardinah, 2019)

4. Make family members aware that if one member has a problem, it will affect other family members, due to interactions. So that full respect for each other will be formed and the child's mental health can be jointly cared for by family members (Laela, 2017; Willis, 2021; Siregar, 2015).

5. Helping to deal with children who have negative behavior, so that the cause can be identified and resolved together so that the child's mental health can be developed again (Laela, 2017).

6. Building family stability plays a very important role in maintaining and maintaining the mental health of family members, especially children (Kuswardinah, 2019). This is because the family can be a place that can relieve the emotional stress experienced by family members, especially children.

7. Develop a mental health care system for husbands, wives, and family members involved in the counseling process (Sunarty & Mahmud, 2016).

8. Family counseling can be a way to overcome and provide solutions to family problems so that it can suppress and reduce the occurrence of mental health disorders in children due to conditions of family disharmony (Harahap, 2021).

9. Can prevent delinquency by children (Lestari, 2017)

10. Family counseling plays a role in helping families get through the crises that occur within them until the best solution is found so that they can maintain and develop the mental health of family members, including children (Ulfiah, 2021).

11. Helping each family member as a collective family unit to have resilience against various crises that families usually experience so that the main role of counselors in maintaining and developing mental health is very much needed (Ulfiah, 2021).

12. Family counseling creates good household harmony for the development of the mental health of family members, especially children (Yanti, 2020). In line with this (Sutriyanti, 2016; Jamaluddin & et al., 2019; Yoga & et al., 2015) a harmonious family will influence the child's personality.

13. Family counseling plays a role in building an attitude of caring for each other and providing affection between family members to each other so family counseling also influences developing the mental health of family members, especially children (Putra, 2020).

14. Family counseling also plays a role in equipping family members with the functions that must be carried out in the family, so that it certainly affects the mental health of family members, especially children (Rahmi & Januar, 2019). This is in line with research conducted (Murwan, 2007) that family counseling affects improving the family's role in managing family members so that family functions run well. It was also proven in research conducted (Ma'isyah, 2016) that family counseling improves the quality of the mother's role as the child's main educator and guardian of his mental health.

15. Family counseling plays a role in supporting and strengthening school and family ties so that there is a greater possibility for children to have better academics (Kelchner, 2020). In line with what (Kelchner, 2020) explains, children's social, emotional, and academic achievements can increase by creating policy changes that integrate the family system. This is because the

child's environment is positive for developing his mental health so that he can develop himself optimally.

CONCLUSION AND RECOMMENDATION

The family has an important role in developing children's mental health. Therefore, the role of family counseling in improving or maintaining the stability of the family system is very much needed. There are several roles of family counseling in developing children's mental health, namely facilitating communication of thoughts and feelings between family members which is of course very important in developing the mental health of family members, especially children; restructuring the family unit which is very important in building children's mental health; help resolve divisions between family members so as to help rebuild the mental health of children in the family; make family members aware that if one member has a problem it will affect other family members due to interactions; help deal with children who have negative behavior, so that the cause can be identified and resolved together so that the child's mental health can be developed again; creating good household harmony for the development of the mental health of family members, especially children; building an attitude of caring for each other and providing affection between family members to each other so that family counseling also has an influence on developing the mental health of family members, especially children; equip family members with the functions that must be carried out in the family, so that it certainly affects the mental health of family members, especially children; supports and strengthens school and family ties, resulting in a greater likelihood for children to have better social, emotional and academic achievements.

Recommendations for future researchers are that a child's mental health is very influenced by their family environment, therefore provide special interventions in the field of counseling to improve children's mental health.

Apart from that, research can be carried out longer, so that the research results can be deeper.

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