INFORMATION MODEL OF PSYCHOEDUCATION ABOUT PARENTING IN LAKARSANTRI VILLAGE COMMUNITIES

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ABSTRACT

Parenting is the way parents interact, guide, educate, and foster children to shape the child's personality, which is done consistently in everyday life. The data obtained from the interviews show that the parenting style of parents in the Lakarsantri village is more oriented towards how to discipline children, but is not fully in line with the child's developmental stage. In addition, the positive side of the parenting style that is applied is that parents establish communication and accompany children. Psychoeducation with an information model is used to increase people's understanding of parenting styles that are appropriate to the child's psychosocial stage. This research is a type of qualitative research using the literature study method and data obtained from several journals, research, and the results of interviews with the community related to the problem studied, namely regarding parenting. Then the data is analyzed and presented in the form of a description. The results of the study show that the psychoeducation information model can increase people's understanding of appropriate parenting styles and encourage people to adapt parenting styles to the development and needs of children.

Keywords: Psychoeducation, Information model, Parenting

INTRODUCTION

An understanding of parenting is currently one of the things that really needs to be considered by everyone who is going to and has already started a family. Parents become occupations that make children the main object of attention, and have real risks for the parents (M. H. Bornstein, 2001). Gunarsa (in Adawiah, 2017) states that parenting is the way parents act or behave as parents of their children by making various active efforts. This opinion is reinforced by the opinion which states that parenting can be defined as the daily attitude of parents in interacting, guiding, educating, and fostering children to shape children to be successful in life (Fatmawati et al., 2021) . Parenting style can also be interpreted as the attitude of parents to shape the child's personality, where this attitude is applied consistently in everyday life. Each parent's parenting style is different. Usually, parenting is often associated with heredity, but to know the various factors of parenting, genetic factors alone are not a sufficient basis (Maccoby, 2000). Parenting has many indirect effects in a child's life, be it in their personal life, social life, or academic life. For example, parenting affects the difference in academic productivity between boys and girls (Derrick et al., 2019) and and parenting patterns affect children's sleep quality over time (Meijer et al., 2016). Parenting can also help parents who experience high levels of child behavior problems (Morawska et al., 2011).

According to Diana Baumrind, there are 7 types of parenting, namely authoritative, democratic, nondirective, authoritarian-directive, nonauthoritarian-directive, uninvolved, and good enough (Weiss & Schwarz, 1996). But generally they are parenting types commonly found, namely permissive parenting, authoritarian parenting, and democratic parenting. Permissive parenting is a parenting style in which parents give freedom to children for what they have done. Parents who apply permissive parenting do not provide special rules for their children, provide less guidance, and have no control. As a result, children will become more selfish, find it difficult to give in, and tend to act as they please (Makagingge et al., 2019) . Parents who apply authoritarian parenting style will greatly limit children and provide various rules that children must obey. As a result, the child will grow into a person who lacks confidence and has difficulty getting along. Authoritarian parenting style will turn children into rebels and adopt problematic behaviors (Sarwar, 2016). But authoritarian parenting is also often associated with higher child achievement (Kordi & Baharudin, 2010). Meanwhile, parents who use democratic parenting tend to be more flexible than authoritarian or permissive parents. Children are still given freedom according to their needs, but also do not ignore the limits and control of their parents. As a result, children will become responsible and rule-abiding individuals. In addition, for teenagers, democratic parenting will encourage them to better understand democratic values (Miklikowska & Hurme, 2011). Democratic parenting also influences academic success, achievement goal orientation, empathetic prosocial behavior, and citizenship (Damrongpanit, 2022). However, children may also depend on their parents' authority. Based on this explanation, it can be seen that parents need to apply the right parenting style to their children. To be able to apply proper parenting, parents must know and understand the various parenting styles, as well as know and understand the stages and tasks of their child's development. Not only mothers, but the figure of a father is also very important in parenting. The role of fathers and mothers is equally influential on children, although in its application there are some differences in the type and quantity of parenting (Pedersen, 2012).

This research was made against the background of the need for an understanding of parenting in the community in the Lakarsantri village. Based on data obtained by researchers through interviews, the parenting style applied is oriented towards how to discipline children, especially regarding time. Children are accustomed to always being on time in carrying out daily activities, such as going to school, studying, reciting the Qur'an, eating, and so on. But besides the demands, parents also maintain interaction and always accompany their children. However, the thing that needs to be underlined is that researchers did not find data stating that the choice of this parenting style was adapted to the child's development and developmental tasks. In fact, the choice of parenting style is based on the desire of parents to shape their children to be disciplined. Therefore, it is necessary to have an intervention to provide more understanding to the people in the Lakarsantri village regarding parenting styles that are in accordance with individual development and their developmental tasks.

Psychoeducation can be an alternative that can be used to provide understanding to the public about parenting. Optimal parenting information and education is important for children's social adjustment and success (L. Bornstein & Bornstein, 2007). Initially, psychoeducation was a concern to address the learning difficulties of children with mental health disorders (Bonsack et al., 2015). Psychoeducation itself is an activity based on education and consultation that is a service to the community (Supratiknya, 2011) . Psychoeducation has a great opportunity to reduce relapse hospitalization rates and mental health costs (Srivastava & Panday, 2016). The scope of psychoeducation includes three areas, namely the school environment, industry or organization, and society. This discussion will focus more on the scope of psychoeducation in the community. Psychoeducation has therapeutic and non-therapeutic goals. Therapeutic psychoeducation focuses on healing and completion, while non-therapeutic is preventive which can be done through providing information and others. One type of psychoeducation that is appropriate when used to provide information about parenting is psychoeducation information models. Information models are one of the psychoeducational models that are oriented towards imparting knowledge with the aim of increasing psychoeducational target knowledge regarding the topics discussed.

This study aims to determine the application of psychoeducation information models in an effort to increase the knowledge of the Lakarsantri village community regarding parenting styles that are appropriate to child development. The difference between this research and other studies is the subject and the theory that supports it. This research is supported by Erikson's theory of psychosocial development which discusses the development of human personality and character, as well as the developmental tasks that must be fulfilled by humans within a certain age range.

METHODOLOGY

This research is a type of qualitative research using literature review method. The data collection technique used in this study was interview and supported by secondary data from journals and previous research. Interviews were conducted directly with the Lakarsantri village community using interview guidelines that had been prepared previously. The literature used is a source related to the problem under study. The analysis technique used in this study is descriptive analysis where the data is analyzed and

described according to reality. Data from the literature study will be used to discuss possible interventions to be applied to the problems obtained from the interview results.

RESULT AND DISCUSSION

The parenting style applied by parents to their children will affect the child's personal development. Therefore it is very important to know and understand the right parenting style to apply to children. Based on the data obtained through interviews, the Lakarsantri village community still has not fully implemented parenting styles that are in accordance with child development. The parenting style applied is parenting style that is considered to make children disciplined. This is certainly not entirely true, but also cannot be said to be wrong. Basically, the parenting style that tends not to think about the interests of the child is the authoritarian parenting style, where the child must always follow what the parents want. But the people of the Lakarsantri village still pay attention that children also need assistance. So that's why it is necessary to provide them with an information model of psychoeducation, because later if the parenting style that is applied tends to be the same, starting from the age of the child to adulthood, it will certainly hinder the development of the child, especially from a psychological and social perspective.

There are research that support the assumption that parenting style will affect children's development. Both from a psychological, social, and behavioral perspective. The research will be presented in the following table

No	Researcher	Results
1	(Asri, 2018)	There is a relationship between authoritarian, democratic, and permissive parenting styles with the development of children's moral, social, emotional, language, cognitive, and physical-motor values.
2	(Taib et al., 2020)	Authoritarian parenting style is very influential on the moral development of children. The negative impact is that children will grow into individuals who are stubborn, undisciplined, easily nervous, insecure, and lacking in communication skills.
3	(Utami & Prasetyo, 2021)	Good parenting will have a good impact on children's development and parents as the most responsible people must consider the right parenting style to apply to their children.

From the table it can be seen that as the most influential person in a child's life, parents must really consider the best parenting style for their child, because this parenting style will greatly affect the child's development. From the results of interviews with informants, the data shows that democratic parenting when applied will have a positive impact on children's social development. An example is that children become closer to their parents and are more open to their situation. However, back to the previous point, that parents in Lakarsantri village are still focusing on how to discipline their children, without considering at what stage their children are now.

Psychoeducation is an alternative because it is considered capable of increasing people's understanding of parenting styles that should be applied to children and in accordance with their developmental stages. There are several research that strengthen this statement and show the effect of providing psychoeducation on public understanding. The results of these studies will be described in the following table

No	Researcher	Results
1	(Cahyani & Putrianti, 2021)	Psychoeducation has a role in increasing understanding of positive parenting patterns for mothers in parenting.
2	(Amelia, 2017)	The psychoeducation provided increases the knowledge of the participants (mothers) regarding parenting patterns, without involving violence.
3	(Akbar & Zakiah, 2020)	Almost all psychoeducation participants gain an understanding of positive parenting and want to start applying positive parenting to their children.

Based on these three studies, it can be seen that providing psychoeducation to parents regarding parenting will increase understanding of the importance of implementing appropriate parenting styles and will encourage them to apply them. In this study, the provision of psychoeducation will be carried out using an information model that will provide knowledge about parenting styles that are appropriate to children's psychosocial development according to Erikson's theory. With knowledge about children's psychosocial development, parents will apply parenting styles that are in accordance with their developmental tasks as well.

Erikson's psychosocial theory discusses 8 stages of human development. They are trust vs mistrust, autonomy vs shame, initiative vs guilt, industry vs inferiority, identity vs confusion, intimacy vs isolation, generativity vs Stagnation, dan integrity vs Despair (Munley, 1975). In the following section, we will present about the 8 stages of human development according to Erikson, the developmental tasks of each stage, as well as the parenting style that should be carried out by parents.

1. Trust vs Mistrust

    This stage lasts from birth to 18 months of age, which is the earliest stage of a child's personality development. At this stage the baby will learn to start trusting the people around him, especially those who care for him. Therefore, what parents have to do is give attention and love to their children so that they can develop a sense of trust and feel safe, and to avoid excessive fear in the future.

2. Autonomy vs Shame

    This stage lasts from the age of 18 months to 3 years. At that time the baby will grow into a child who has greater self-control abilities than before. This stage is a fairly crucial stage, so the parenting style applied by parents must also be very concerned. Parents should not control their children too much and should not let go of control. This will make the child grow into a person who has many doubts and is less able to explore.

3. Initiative vs Guilt

    This stage lasts from the age of 3 to 6 years. At this stage children will ask more questions and want to try new things. So parents should support children to develop their curiosity so that they grow into self-confident individuals. Parents should not forbid their children to do something, because if their curiosity is not fulfilled then the child will grow up with fear, doubt, and lack of confidence.

4. Industry vs Inferiority

This stage lasts from the age of 6 to 12 years, where this period is the transition from childhood to middle age. Children will develop social interactions and will feel proud when they succeed in doing something. The role of parents at this time is to support children to build a sense of competence and confidence in their skills. Not providing support will only foster feelings of inferiority in children.

5. Identity vs Confusion

This stage lasts from the ages of 12 to 18 years. During adolescence, children usually experience identity confusion. Children will also need more freedom. So that parents must be flexible, it means that besides giving freedom, parents also provide control and assistance to children. At this stage, parents are strongly recommended to really implement democratic parenting.

6. Intimacy vs Isolation

This stage lasts from the age of 18 to 40 years. At this stage humans will focus on developing close relationships with others. At the beginning of this stage, maybe the child will start to get to know courtship. Then when they grow up they will marry and have a family. Even though they are already married, parents should still accompany their children, but in certain cases without interfering too much in their affairs.

7. Generativity vs Stagnation

This stage lasts from the age of 40 to 65 years. Maybe here, humans will focus more on contributing to society and family. If it succeeds in fulfilling the developmental task, then a person will feel useful, otherwise if it is not successful then a person will feel that he is not contributing, which will eventually result in that person becoming stagnant. A person's personality at this time is also the result of parenting in the previous stages.

8. Integrity vs Despair

This stage lasts from the age of 65 until death. Humans will reflect on what has been done when they were young. There are two possibilities, if they are satisfied with the achievements in their youth, then they will feel content, and if not, then they will feel regret. The development task which is the end result of this psychosocial stage is wisdom.

CONCLUSION

Parenting is a matter that must be considered by all parents in the world because the choice of parenting style applied to children will affect the child's development and will have an impact on their life in the future. Interview data show that the Lakarsantri community adopts a fairly good parenting style, parents provide assistance and guidance to their children. But the orientation is on disciplining children, which sometimes is not in accordance with the stages of development and developmental tasks of children. Therefore it is important to do psychoeducation, where psychoeducation is given using an information model that provides knowledge to the public about various parenting styles that should be carried out according to the stage of the child's psychosocial development. Based on the literature review conducted, psychoeducation is proven to be able to increase parents' understanding of parenting and encourage them to apply appropriate parenting styles to their children. Researchers hope that through this research parents

will be more careful in applying parenting to children because the impact is very large, both in the short and long term.

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