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**PSYCHOEDUCATION THROUGH FAMILY COMMUNICATION TO
IMPROVE FAMILY WELL-BEING**

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ABSTRACT

The city of Surabaya is a major city in Indonesia, according to the Surabaya City Statistics Agency, the population is 3,157,126 people with a total of 971,659 family cards. In one of the areas in Surabaya, namely in Jeruk sub-district, Lakarsantri District, Surabaya City, there are problems related to family communication. The problems that occurred caused miscommunication which resulted in disputes. This can be overcome by providing psychoeducation in the first attempt which is used to provide an understanding of the importance of communication in achieving family well-being. Psychoeducation in realizing family well-being is carried out with the aim of helping families in Jeruk sub-district, Lakarsantri sub-district, Surabaya to be able to achieve family well-being in their families. Psychoeducation with this life skill model is intended so that they have abilities and skills that can be mastered as the fulfillment of their developmental tasks. The pattern of communication in a family is carried out as an effort to create a family that understands each other so as to create a peaceful atmosphere. With the creation of good and effective communication, families can achieve prosperity which at the same time can prevent problems such as divorce, conflict and violence in the family.

Keywords: Psychoeducation, Communication, Family, Family Welfare

INTRODUCTION

Relations between families have an important role for family members. Unfavorable family relationships can reduce the quality of the family itself. The city of Surabaya is a major city in Indonesia, according to the Surabaya City Statistics Agency, the population is 3,157,126 people with a total of 971,659 family cards. In one of the areas in Surabaya, namely in Jeruk sub-district, Lakarsantri District, Surabaya City, there are problems related to family communication. The problems that occurred caused miscommunication which resulted in disputes. So that problems related to family communication must be addressed immediately so as not to have a more severe impact. This problem can be overcome by providing psychoeducation to the community regarding the importance of communication in achieving family welfare.

Psychoeducation or *psychological education* is commonly referred to as *personal and social education* or social and personal education which is important in the counseling psychology environment. Psychoeducation is a movement for providing public services in the field of psychological counseling which does not have a single meaning. This psychoeducation is carried out by providing information services about psychology in the public sphere and also training someone in learning various *life skills*. This is like Goldman's 1988 (Atri & Sharma, 2007) statement which defines that psychoeducation is Education or training of a person with a psychiatric disorder in subject areas that serve the goals of treatment and rehabilitation, for example, enhancing the person's acceptance of his illness, promoting active cooperation with treatment and rehabilitation, and strengthening the coping skills that compensate for deficiencies caused by the disorder.

The family is the smallest unit of society consisting of the head of the family and several people who gathered and lived in a place under a deep roof a state of interdependence (Suhartati, 2013). The family is the smallest scope in which there are parenting efforts aimed at educating and building children's character and providing children with an environment that supports their growth and development until they are adults. In family life parents are required to be able to establish good and harmonious relationships in order to be an example for their children. Parents who can keep family relationships harmonious can be done by creating warmth, a sense of mutual concern, looking after each other, respecting each other and fulfilling each other's needs according to Yunistiati in (Amita et al., 2022).

A harmonious family environment can provide comfort for the children who live in it, this is reinforced by Hurlock's opinion (Amita et al., 2022) which states that children who feel harmony in a family environment with both parents who have a happy marital relationship can make children happy. provide a happy home and family perception in their lives.

Communication within the family is the most important thing in maintaining harmony within the family itself. Communication that is carried out clearly and functionally between family members is the most important thing that can keep the family environment conducive. Conversely, communication that does not take place properly and clearly can give a bad image which also results in a less warm and harmonious home atmosphere. So that in this case communication patterns play an important role in reflecting the relationship between family members (Kuncahya et al., 2019). Ineffective communication within the family can also cause various problems such as divorce, violence and ongoing conflict. The

failure of this function is very worrying because it can interfere with the physical, psychological development and economic growth of individuals for the family itself, the community so that it has the greatest impact on the country (Setiawan, 2015) .

It cannot be denied that effective communication within the family is very important for achieving family wellbeing. So that the roles and functions of the family in achieving family wellbeing must be able to run well. If family wellbeing can be achieved, it can have a positive impact on the welfare of its members.

METHODOLOGY

To obtain data related to problems that occur in the community, observations are made to identify at a glance the existing needs. To strengthen the collection of information as a whole, interviews were also conducted with several residents and local community leaders. After the data and information is collected, the problem is studied using a literature review which explains several related views as an effort to solve problems that exist in society.

RESULT AND DISCUSSION

Family Communication

Communication is the most important thing for life, because humans cannot live without communication. Communication is done to form an interaction relationship between a person and other people both individually and within the scope of the group. Aziz Safrudin in (Oxianus Sabarua & Mornene, 2020) family communication is an organization that is carried out using words, body language, voice intonation, actions to create image expectations, expression of feelings and mutual understanding of one another.

Communication within the family, especially between children and parents, has a major contribution for both of them, because by forming an efficient communication that is carried out continuously, it can create a relationship of intimacy, openness, attention between them. This is supported by Adi Fahrudin's opinion in (Zaim & Salleh, 2020) which reveals that the family has a very important role in forming a healthy personality and mentality. There are six indicators of family roles, namely the ability of the family to solve problems, communication within the family, division of roles, sense of responsibility, emotional involvement and controlling the behavior of family members.

The pattern of communication in a family is carried out as an effort to create a family that understands each other so as to create a peaceful atmosphere. John P. Caughlin and Allison M.Scot in (Wardyaningrum, 2013) suggest that family communication is based on repeated interaction styles and behaviors , so that it can be different between single families and extended families (families with family members who Lots). This pattern can be built in a short or long period of time. There are seven patterns of communication in the family according to experts in (Oxianus Sabarua & Mornene, 2020), including:

- a. Permissive communication patterns (tend to be liberating)

The permissive communication pattern is a communication pattern in which parents tend not to care about their children when children express opinions or when they are just talking. In some cases, parents with this communication pattern tend to free children to make decisions, so that children do

not understand where their mistakes are or things that should not happen can happen and be repeated because of this communication pattern (Koerner, 2014). When a child realizes his or her shortcomings and mistakes, the child will feel inadequate and no longer have self-confidence. Children who are raised with this kind of communication pattern can cause children to lack empathy for other people.

b. Authoritarian communication patterns

Authoritarian communication pattern is a pattern of communication by forcing the will. Parents in this communication pattern serve as supervisors for children, they are also difficult to accept suggestions and tend to impose their will in differences. Parents who have communication patterns like this will usually influence children with approaches that have elements of coercion and threats. With this pattern of communication, children will find it difficult to have closeness with their parents so that their relationship tends to be tenuous.

c. Democratic communication patterns

It is a good communication pattern among several existing communication patterns. This is because this type of pattern prioritizes shared interests above individual interests within the family. The type of democratic pattern does not give much control to children. The characteristics of the democratic pattern include: in the education process there are children who are contrary to the opinions of others, parents always align personal interests and goals with the interests of children, parents are open to suggestions, criticism and opinions conveyed by children, tolerating children when they make mistakes and provide direction to children so as not to repeat the same mistakes, prioritizing cooperation in achieving goals, parents always try to make children better than themselves.

This type of democratic communication pattern has an influence on children in teaching children a sense of responsibility and children can develop their potential. Children who are raised with this communication pattern tend to have a sense of caring between family members. Even though it is less organized, this pattern of communication is able to produce children's productivity and creativity.

d. Fatherly communication patterns

This type of communication pattern is a pattern of communication where parents act as father figures who have actions such as educating, nurturing, teaching, guiding and advising children well. This is done to move the child to achieve the desired goal even though there is a sentimental approach. This type of communication pattern provides an opportunity for children to grow up and have a sense of responsibility. The general nature of this communication pattern is based on the parent as the leader.

e. Manipulative communication patterns

Manipulation communication patterns are carried out by providing deception, seduction and twisting the existing reality. This is done so that what is desired can be achieved. An example is parents tricking children into doing what they want. This communication pattern was successfully achieved because the child did not realize what the parents meant.

f. Transaction communication patterns

This communication pattern is carried out by parents by always giving an agreement. Where parents often make agreements with children for the actions to be taken. Certain sanctions are also imposed if the child violates the agreement.

g. Self-interested communication patterns

Is a pattern of communication that is carried out with material values . If parents want their children to do something they will provide rewards so that their children are encouraged to do it.

Communication patterns have a real influence on family welfare. The higher the pattern of communication between families, the higher the family welfare. Family well-being is measured by the level of happiness and satisfaction felt by the family members themselves. Of course, communication patterns that can provide family welfare and happiness are healthy and effective communication patterns (Muladsih et al., 2011) .

Family well-being

Clarke (Na'imah, 2013) explains that *well-being* is generally achieved when all human needs are fulfilled, from basic needs to self-actualization. Family well-being itself is family welfare where it is defined by the family members themselves where the level of individual needs and family interaction is fulfilled. The nature of the family as a unique unit of money gives rise to various differences that exist in describing family well-being. So that family well-being is influenced by the welfare of individual members which can affect community well-being. Fahey, Keilthy and polek describe family well-being as a multidimensional concept that involves the well-being of parents and children. In the aspect of the family well-being framework, children are seen in the development of cognition, physical health and socio-emotional. Meanwhile, parents emphasize physical health, housing availability, mental health and access to information (Setyawan & Psi, 2011) .

To maintain family well-being in everyday life it is important for families to carry out various routines and spend time on something they value and create positive feelings according to Ziegert in (Setyawan & Psi, 2011) . Arestedt, Persson & Benzine also revealed that family well-being means being aware of existing patterns and collaborating within the family to balance individual and family needs with available resources and choices.

In Baldwin's theory states that there are 3 dimensions of family well-being, namely:

1. Dimensions related to the fulfillment of family materials, namely clothing, food and housing. In this dimension must be based on social and cultural aspects
2. The dimension of communication and family moral behavior which is the importance of communication within the family to transmit culture, values and shape individual and group identities. Family is a friend where children get life experience through the care they get from childhood to adulthood so that they can have embedded moral values
3. The dimension of power and emancipation which means parental power in the family must be conveyed through communication in the family that is oriented towards mutual agreement.

From the existence of these dimensions it can be interpreted that family well-being can be achieved if the family's needs are guaranteed, fulfilled and there is good communication between all family members.

In contrast to the opinion expressed by Voydanoff's who views the concept of family well-being based on ecological theory. Voydanoff's concluded that a family is said to achieve prosperity if it achieves

physical, social and environmental well-being. This is based on the fact that family welfare cannot be separated from the welfare of the broad ecosystem (Na'imah, 2013) .

Not only that, there is also the theory of family systems which explains that family welfare can be assessed from the psychosocial well-being of family members by looking at family complexity, relationships between family members and family dynamics. From this opinion a guideline was developed that can be used by parents and certain professions to provide support for the welfare of children and families. This model has the goal of supporting families to achieve optimal potential by meeting the general, additional and special needs of a family relationship (Na'imah, 2013)

Communication in Improving family Wellbeing

In realizing family well-being, effective communication within the family is needed. Psychoeducation in realizing family well-being is carried out with the aim of helping families in Jeruk sub-district, Lakarsantri sub-district, Surabaya to be able to achieve family well-being in their families. Psychoeducation with this life skill model is intended so that they have abilities and skills that can be mastered as the fulfillment of their developmental tasks.

In improving and achieving family well-being, it is necessary to emphasize good family communication, because this has an important role. Because family relationships play role in shaping an individual's well being (Thomas et al., 2017). In achieving good communication in (Setyawan & Psi, 2011) several things need to be considered in family communication including:

1. Open
This allows each family member to convey their thoughts, ideas and feelings without any pressure which is then carried out as part of a routine and not limited to certain topics.
2. Conversation Oriented
In making a decision in the family should prioritize discussion and deliberation by exchanging ideas, ideas and opinions.
3. Provides a foundation for transactional symbolic processes
This is done in order to build and interpret meaning with various symbols that are understood together and can encourage families to grow positively
4. Non-Confrontational
Maintain relationships between family members with a sense of trust and intimacy within the family.
5. Supertive
This is based on mutual benefit both physically, psycho-socio-emotional and informational and not based on competition between members either in parenting or family relationships so as to create protective factors that cause problems in the family.
6. Spend lots of time together
Spending time with family members can keep families getting to know each other, understand each other and form positive bonds
7. Utilize communication technology actively and productively

This is done by minimizing time and distance limitations in creating togetherness which is done when family members cannot meet in person in the same place. By using multimedia communication can continue even though separated from the family.

The characteristics described above lead to support for achieving meaningful health, happiness and harmony both for each family and as a whole.

CONCLUSION

Psychoeducation is a movement for providing public services in the field of psychological counseling which does not have a single meaning (Lukens & McFarlane, 2004). This psychoeducation is carried out by providing information services about psychology in the public sphere and also training someone in learning various *life skills*. Communication within the family, especially between children and parents, has a major contribution for both of them, because by forming an efficient communication that is carried out continuously, it can create a relationship of intimacy, openness, attention between them (Chiocchi et al., 2019). There are seven communication patterns in the family including permissive communication patterns, authoritarian communication patterns, democratic communication patterns, paternalistic communication patterns, manipulation communication patterns, transactional communication patterns, and self-interested communication patterns. These communication patterns play an important role for families to achieve family well-being.

Family well-being is family welfare where it is defined by the family members themselves where the level of individual needs and family interaction is met. In realizing family well-being, effective communication within the family is needed. Psychoeducation in realizing family well-being is carried out with the aim of helping families in Jeruk sub-district, Lakarsantri sub-district, Surabaya to be able to achieve family well-being in their families. Psychoeducation with this life skill model is intended so that they have abilities and skills that can be mastered as the fulfillment of their developmental tasks. The characteristics of good communication include being open, conversation-oriented when making decisions, providing a basis for transactional symbolic processes, non-confrontational, supportive, providing time together and utilizing technology to communicate.

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