

## THE IMPACT OF PARENTS MENTAL VIOLENCE ON THE PSYCHOLOGICAL CONDITIONS OF EARLY CHILDREN

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### Abstract

Psychological violence has a negative impact on early childhood. Many families cover up violence against young children in front of other people because they think it is their right to privacy. The purpose of this research is to explore the causes of psychological violence in young children in the family. The data in this article is presented descriptively which indicates a scientific study that can be further developed and applied. The object of writing a description in this article is about the problem of the impact of parental mental violence on the psychological condition of early childhood. The technique used in data collection begins with collecting relevant references, both in the form of written texts and soft copy editions, such as scientific journals, ebooks, online articles, and government publications. Soft copy edition references can be obtained from internet sources accessed online. After searching for references that are relevant to the data needed, then the authors analyze the existing data. The results of this study are children who experience mental violence have a tendency to imitate the behavior of their parents. Children will be more aggressive towards their peers. The child will transfer his aggressive feelings to his friends as a result of poor self-concept. This of course will also have an impact on social relations. Children prefer to be alone, have few friends, and enjoy disturbing adults. Examples of disturbing adult behavior such as throwing stones or other criminal acts.

**Keywords:** *Article Phenomena; Psychological Conditions; Family.*

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## INTRODUCTION

Children are a gift and a mandate from Allah SWT that must be cared for and protected. In addition, children are the next generation of the nation, and in the future, these children will maintain, maintain and develop the results of their predecessors. A child basically needs care, protection, teaching, and affection from his parents. This is done to ensure their physical and mental growth. A happy, loving, and understanding family will be a major factor in the development of a child's personality as a whole (Waluyadi in Sutedja & Ulum, 2019). Parents are a reflection that can be seen and imitated by children in the family. Therefore, every parenting pattern must provide a sense of comfort but also be reinforced by limiting norms that prevent children from deviating from behavior (Salimar, Hastuti, & Latifah in Wida & Nurwahidah, 2022).

The family is the first place for children to acquire knowledge, mental development, and personality formation which will later be added to and perfected by the school environment and social environment where children live, grow, and develop. It is very clear how important the role of the family is very significant in the development, formation of character, and the future of children. Parents have a very important role in shaping the personality of their children (Alrdhani, 2019).

Domestic violence is a global phenomenon that occurs throughout the centuries of human life and occurs in all countries. This form of violence varies in all aspects of life, both in the sociocultural, political, economic, and educational fields where the victims are generally women and children in the family environment (Sutedja & Ulum, 2019).

Violence against children includes all forms of physically or emotionally painful treatment, sexual abuse, neglect, commercial exploitation, or other exploitation, which results in actual or potential injury or harm to the child's health or child's dignity, which is carried out in the context of a relationship of responsibility, trust or power. The causes of violence against children at home are internal factors and external factors. External factors are factors that come from outside the perpetrators of violence. Parents who at first act normally can commit violence when under pressure or stress (Mardiyati, 2015). When carrying out psychological violence on children, parents are in an unstable state such as having unhappy feelings and having problems in the family so children become the target of parental anger and consider this treatment as a form of disciplining children. (Kurniasari, 2019). Parents think that disciplining children is normal (Puspitasari & Wati, 2020).

The impacts experienced by early childhood who experience psychological violence at home include being traumatized and always feeling anxious and alert for fear of experiencing repeated psychological violence (Loyd in Yessy, 2023). Violence against children is all forms of physically or emotionally painful acts, sexual abuse, trafficking, neglect, and exploitation resulting in actual or potential injury/loss to the child's health, child survival, child development, or child dignity, which is carried out in the context of a relationship of responsibility, trust or power (Margaretha & Melinda, 2020). Many articles in accredited national journals discuss ways to recover from trauma in children due to violence, such as research conducted by Mardiyati (2019). Research on the early detection of violence in children was conducted by Dewi et al (2017). Research on the factors behind parents committing verbal violence was carried out by Farhan et al (2018). In addition to quantitative research, qualitative research has also been carried out on exploring parental perceptions of violence, which has been carried out by Intan (2021).

According to Munib in Sutedja & Ulum (2019) states that the science of developmental psychology, there are two dimensions, namely physiology, and psychology. Physiology looks at the development of children in their bodies: physical and muscle cells, namely those that form physical maturity, such as the development of brain cells that mature for the ability to catch incoming stimuli or the development of leg and hand muscles that become hard for walking and picking up skills. meanwhile, psychology looks at the development of children in social life which leads to the development of mental, reasoning (cognitive), feelings (effective), and activity (motor). These two dimensions are interconnected and interrelated. The psychology of child development is also continuous. That is, the process of development that appears in one period, one moment is not visible and reappears in another period.

From the explanation above, it can be concluded that verbal violence is violence that is carried out verbally which is carried out continuously to cause delays in development in early childhood. Some forms of verbal violence that often occur in children include threatening, slandering, insulting, exaggerating mistakes made by children, and so on. If children get verbal violence continuously, it will cause delays in child development. The child will feel isolated, and feel not needed, which will make the child feel inferior. This of course will affect other aspects of development.

## **METHODOLOGY**

Writing this article is a type of writing that is a literature review or literature study. The data in this article is presented descriptively which indicates a scientific study that can be further developed and applied. The object of writing a description in this article is the problem of the Impact of Parental Mental Violence on the Psychological Conditions of Early Childhood.

The technique used in data collection begins with collecting relevant references, both in the form of written texts and soft copy editions, such as scientific journals, ebooks, online articles, and government publications. Soft copy edition references can be obtained from internet sources accessed online. These two references are the main source in the literature study which explains the variables in writing this article. After searching for references that are relevant to the data needed, then the authors analyze the existing data. The next step is to sort out information that is relevant to the issues discussed so that a solution to the problems discussed in this article is finally formed.

The process involved in writing this article is Searching, namely finding data sources from books, newspapers, journals, and online articles that are appropriate to the problem to be studied; Identifying, namely selecting sources of data and information that has been collected; Studying, namely trying to understand more about the sources of data and information obtained in accordance with the issues discussed; Analyzing, namely discussing sources of data and information by taking an appropriate approach to the problem to be studied in depth; and Evaluating, namely making an assessment of whether or not the source of data and information obtained is appropriate to be used as a reference for the problem being studied and whether or not a revision is necessary.

## **RESULTS AND DISCUSSION**

### **Definition of Mental Violence in Children**

Soetjiningsih in Mahmud (2019) classifies forms of child abuse into several categories, namely physical abuse, negligence, emotional abuse, sexual abuse, and Munchausen syndrome. Mental abuse in children is classified as emotional abuse. This emotional abuse is characterized by words that demean the child. This condition usually continues by neglecting the child, isolating the child from social relationships, or blaming the child continuously. While Azevedo & Viviane argue that mental violence is included in the category of psychological violence in the classification of humiliation (Maknun in Mahmud, 2019). The humiliation referred to is insulting, ridiculing, calling inappropriate names, making children feel childish, opposing the child's identity, child's dignity and self-esteem, humiliation, and so on. Verbal abuse or commonly called emotional child abuse is verbal action or behavior that causes adverse emotional consequences.

Verbal abuse occurs when parents tell children to be quiet or not to cry. If the child starts talking, the mother continues to use verbal abuse such as "You are stupid". "you are talkative", and "You are impudent". Children will remember all verbal violence if all verbal violence takes place in one period (Fitriana, Pratiwi, & Sutanto, 2015).

Ihsan also stated that mental violence is emotional abuse and behavior that hurts children's emotions which are carried out continuously to cause a bad influence on children's development (Armiyanti, Alini, & Apriana, 2018). Examples of mental violence that often occur include the use of language that implies that children are not loved, do not have the skills to neglect behavior, and neglect children's basic needs.

The same thing was also stated by Gunarsa that mental violence is violence from words that cause pain in feelings and psychologically (Mamesah, Rompas, & Katuuk, 2018). Saying harsh words without touching them physically, such as threatening, slandering, and insulting are examples of verbal violence. If this goes on continuously, it will disrupt the development of children.

From the explanation above, it can be concluded that mental violence is violence that is carried out verbally which is carried out continuously to cause delays in development in early childhood. Some forms of verbal violence that often occur in children include threatening, slandering, insulting, exaggerating mistakes made by children, and so on. If children get mental violence continuously, it will cause delays in child development. The child will feel isolated, and feel not needed, which will make the child feel inferior. This of course will affect other aspects of development.

### Factors Causing Mental Violence in Children

Mental violence in children usually begins with the emergence of bad behavior from children that causes parents to do this. However, most parents sometimes forget to link the behavior that appears with the child's mental condition. Children are just ordinary people who still need a lot of guidance from the adults around them. Sometimes when a child displays a behavior, it is done out of high curiosity. However, they did not get a positive response from the surrounding environment.

Children also sometimes exhibit bad behavior because they want to attract the attention of the adults around them. This behavior can also be a sanction for violence that children get from their parents. Children bring up this bad behavior because they never get appreciation or attention from their parents. Children get more sentences in the form of reproach from their parents and this is a form of mental violence that parents sometimes don't realize. Mental violence can also arise when children show their inability to complete a task that is fairly easy. At that time the child also gets a painful sentence regarding his inability. Parents should provide positive support when children show their inability by giving praise because children are willing to learn to try. When children get mental violence in these conditions, the child will feel like a failure and can cause no desire to be better (Siregar, 2017). The description of the research results is presented in Table 1.

**Table 1.** Causes of Mental Violence

<b>Aspect</b>	<b>Information</b>
<b>Parents Income</b>	Parents who have low incomes will experience a tendency to engage in negative behavior. These negative behaviors include that parents are more easily angry with their children, depressed, and frustrated which leads to mental violence in children.
<b>Knowledge</b>	Parents' knowledge about child development greatly influences the emergence of mental violent behavior in children. Most parents who do not have or lack knowledge about children's developmental needs tend to commit mental violence against their children. For example, parents sometimes force their children to do things that are not appropriate for their child's developmental age. When a child shows their inability due to their age, which should not be able to do this, the parents

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	will become angry, snap, and berate the child. Parents sometimes have unrealistic expectations of their child's condition at their age.
<b>Environment</b>	A good environment will prevent mental violence in children, and vice versa. For example, the presence of television at home which allows it to have a big influence on the behavior of mental violence in children.

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Therefore, parents must understand their role as parents to always meet the needs of their children. One of the needs is that children need to be accepted with all the advantages and disadvantages they have. The form of acceptance of children is by giving love, giving praise when the child succeeds in doing something good, and giving the enthusiasm to continue learning to be better when the child faces failure in completing a task. When the child's needs are met, verbal violence against children can be prevented early on.

### **Impact of Mental Violence on Children**

The process of child growth and development is greatly influenced by the stimulation they get from their environment. The process of forming a child's character is also greatly influenced by his environment. Children tend to imitate the things they see in their environment. When children get verbal violence, it is likely that children will do the same thing when they grow up.

Wirawan et al. (2016) suggested that emotional abuse by means of verbal violence would cause emotional disturbances in children. Children will experience the development of a self-concept that is not good, and their social relations with their environment will be problematic, making children more aggressive and making adults their enemies. Children will withdraw from their environment and prefer to be alone. Children may like to wet the bed, be hyperactive, have trouble sleeping, and can even make children experience tantrums. Children will also experience learning difficulties, both at home and at school.

Children who experience mental violence have a tendency to imitate the behavior of their parents. Children will be more aggressive toward their peers. The child will transfer his aggressive feelings to his friends as a result of poor self-concept. This of course will also have an impact on social relations. Children prefer to be alone, have few friends, and enjoy disturbing adults. Examples of disturbing adult behavior such as throwing stones or other criminal acts. Imam Ghazali revealed that when a child grows up by hearing disapproving sentences, later the child will become a critic (Erica, Haryanto, Rahmawati, & Vidada, 2019).

Parents who are used to criticizing their children will make the child more likely to behave badly due to following the habits of their parents. Therefore, a father must maintain his authority in speaking in front of his children. A mother must set an example for her child by admonishing her in a gentle way, not with words that hurt her child. When a child experiences continuous verbal abuse, the child will feel that he is ugly, unneeded, unloved, gloomy, unhappy, and does not like his activities. The worst impact of verbal violence is when a child tries to commit suicide because he feels he is no longer valuable.

There are many impacts caused by verbal violence on children, so the role of parents and educators is needed to prevent this from happening. Families who always interact with children must also receive education about the impact of verbal abuse. This is because usually, children do not get verbal abuse from their parents, but from their family environment. For example, a grandmother likes to compare her grandchildren. Therefore, all parties who always interact with children must have an understanding of the impact of verbal violence on children.



### **Efforts to Prevent Mental Violence in Children**

There are many impacts caused by verbal violence on children, so efforts are needed to prevent this from happening. This prevention effort should be done early. Everything can start from the family, school, and community environment. One of the efforts that can be made to prevent verbal violence against children is to improve the way of communication between mother and child.

Bustan, Nurfadilah, & Fitria (2017) suggested that one of the things that must be considered when communicating with children is controlling emotions. Parents must be able to control their emotions when communicating with children, especially when the conditions are not pleasant. When a child makes a mistake, don't rush to scold the child. First, ask the child the reason for doing the action. Parents can also learn from their past experiences from the parenting styles they have received. Parents should not repeat the same mistakes with their children. If in the past parents received strict parenting and always received verbal violence, then this should not be done to their children.

Parents should be a chain breaker from the verbal abuse they have had in the past. Another effort that can be made is that parents must understand that every child is a star in their respective fields. When a child shows his incompetence and does not live up to his expectations, then parents need not rush to reproach the child for his failure. Children may fail or be unable to perform certain tasks in one area but are able to complete tasks in other areas.

For example, when a child is asked to complete a task related to his mathematical logic ability and it turns out that the child is unable to complete it. Parents should not rush to reproach that their child is not able to complete the task. The child may be lacking in mathematical logic, but when the child is asked to retell a story, it turns out that the child is capable of doing so. This means that children have advantages in the field of language. If a parent has verbally abused a child, then they should apologize to the child.

When parents hurt children's feelings by means of verbal violence, then there is a child's heart that is hurt and this will later affect the child's development process. Parents should not hesitate to apologize to their children. An example of a sentence that can be applied is "Mom/Dad, I'm sorry, son, because I made a mistake by hurting your feelings earlier." Siregar (2017) suggests that through expressions of apology, parents can return the savings that had been reduced from the child's feeling bank. Another thing that can be done is to imitate the Prophet Muhammad in treating small children. As told when one day Rasulullah saw was visited by Sa'idah bint Jazi who brought her one-and-a-half-year-old child.

Rasulullah SAW then took the child in his lap. When he took the child in his arms, suddenly the child wet himself in the Prophet's lap. The mother of the child spontaneously pulled her child roughly. At that time, Rasulullah SAW gave advice to the mother, "With one dipper of water, my clothes that are dirty because of your child's urine can be cleaned. However, your child's heart wound because of your snatching from my lap cannot be treated by waddling with water. From this story, the Prophet Muhammad has set an example to always behave gently and lovingly towards children.

### **CONCLUSION**

Mental violence is violence that is carried out verbally which is carried out continuously to cause developmental delays in early childhood. Some forms of mental violence that often occur in children include threatening, slandering, insulting, exaggerating mistakes made by children, and so on. There are several factors that cause children to get mental violence. Some of them are parents who have low income and have a tendency to engage in negative behavior, parental knowledge about child growth and development, and an environment that is not conducive to child growth and development as well as the lack of parental acceptance of all the child's strengths and weaknesses. Children who experience continuous verbal violence will experience emotional disturbances, children do not have a good self-concept and can make children more aggressive.

Therefore, good cooperation is needed between families, schools, and the community so that children do not experience mental violence.

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