



The Psychological Impact of Family Disharmony

Swastini¹, Muhamad Rouful Hakim², Iskandar³, Siti Roudhotul Jannah⁴

^{1,2,3,4} Universitas Ma'arif Lampung Indonesia

Corresponding Author ✉ ibuswastini@gmail.com

ABSTRACT

Everyone who is married certainly wants to have a harmonious family and have children who can grow up feeling happy. However, not all married couples succeed in building a harmonious household, because uniting two thoughts and two different desires is not something that easy to do. Sometimes emotions and prioritizing each other's egos cause arguments in a family. However, parental quarrels and household disharmony will have a negative influence on the child's psychological condition. Children who often witness their parents fighting will grow up to be gloomy individuals, easily stressed, tend to close themselves off from other people, experience inner burdens and be less happy. Whether you realize it or not, a child's strong sense of self-confidence arises when both parents live side by side in harmony. If a child is in a family environment that is not harmonious, he will lose his motivation and enthusiasm so that the child will become less confident and feel like he has lost the role model he should have received from his parents. The impact of family disharmony on children's psychology is that conditions of disharmony in the family environment can have serious consequences for children's mental and emotional well-being. Therefore, it is important for parents to understand that disharmony in the family has a significant impact on children's psychological well-being, so efforts are needed to create a harmonious family environment and provide and provide a healthy foundation for children's psychological development

Keywords: *Disharmony Family, Psychological Impact on Family*

ARTICLE INFO

Article history:

Received

March 20, 2024

Revised

April 23, 2024

Accepted

May 04, 2024

Journal Homepage

<https://ojs.staialfurqan.ac.id/IJoASER/>

This is an open access article under the CC BY SA license

<https://creativecommons.org/licenses/by-sa/4.0/>

INTRODUCTION

Everyone who is married definitely wants to have a harmonious family and have children who can grow up feeling happy. However, not all married couples succeed in building a harmonious household, because uniting two thoughts and two different desires is not an easy thing to do. Sometimes emotions and prioritizing each other's egos cause arguments in a family. However, parental quarrels and household disharmony will have a negative influence on the child's psychological condition.

Emotions are one of the dimensions of personal experience. Some primary emotions include: happiness, anticipation, anger, disgust, sadness, surprise, fear, and acceptance. The purpose of emotions is to move individuals to a sense of security and fulfillment of needs and to avoid anything that is detrimental and hinders the fulfillment of needs (Juniarti & Afrinaldi, 2023).

Children who often witness their parents fighting will grow up to be individuals who are easily stressed, tend to be more closed to other people, be aggressive and rude, lose role models and lose self-confidence so that the child's education will be disrupted and

because of this the child will be at risk of having mental problems when mature. (halodoc, 2018)

Whether you realize it or not, a child's strong sense of self-confidence arises from the support of his parents. There is motivation from both parents and the child will get this if both parents live side by side in harmony. If a child is in a family environment that is not harmonious, he will lose his motivation and enthusiasm so that the child will become less confident. Apart from that, children will also feel like they have lost a role model, which in fact should have been obtained from their parents.

Being in a disharmonious family situation is a burden in itself for children. Of course, children don't want other people to know how their family is doing. This is what makes children quieter and tend to be antisocial and prefer to be alone. The psychological influence of children in disharmonious families causes children to think that there is no one they can trust and emulate. If a child is left in a situation like this, they will feel lonely, their comfort will be disturbed and they will be prone to depression, apart from that, the child's education will also be disrupted because children who experience stress will not be able to grow and develop well, including academically. Because disharmonious conditions in the family cause children to lose enthusiasm for activities and tend to act as they please and think that education is not important. Children who grow up in disharmonious families will feel fear and worry excessively, afraid of everything, and of course this really torments a child's mind so that he will be at risk of mental problems when he grows up.

Based on the description above, the author is interested in writing regarding the impact of family disharmony on children's psychology. And the author hopes that this writing can be useful for the development of knowledge in the field of Islamic education. In particular, what impact does family disharmony have on children's psychology?

METHOD

In this research the author used qualitative research methods. Qualitative research method is a method or method of research that emphasizes analysis or descriptiveness. In a qualitative research process, things from the subject's perspective are emphasized more and the theoretical basis is used by the researcher as a guide, so that the research process is in accordance with the facts encountered in the field when conducting research (Fai, 2022). Qualitative research methods aim to explain a phenomenon in depth and are carried out by collecting data as deeply as possible. Qualitative methods prioritize observing phenomena and researching more into the substance of the meaning of the phenomenon.

This research uses a descriptive qualitative approach, because it is not aimed at testing hypotheses but only describes an indication or situation being studied as is, so it is directed at presenting facts and events systematically and accurately (Arikunto, 2016). In other words, the researcher explains in depth the impact of family disharmony on children's psychology

The type of research in this research uses a case study type of research, namely the researcher uses observation and interviews as a reference for his research. Where observations and interviews are carried out for the purpose of researchers to obtain information from trusted sources. Observation is the research process of observing situations and conditions, where the situation here is the situation where the research will be carried out and the conditions where the research will be carried out. An interview is a question and answer activity between the interviewer who asks

questions, and the resource person who provides answers with information as needed by the interviewer. Interviews can be conducted either face to face or indirectly using digital (online) media. (Rosari, 2023)

RESULTS AND DISCUSSION

The author will discuss research in the form of observations, interviews in the field. The discussion of the results of this research is based on the focus of how family disharmony impacts children's psychology. A family is defined as a group of people living in one house who still have kinship or blood relations due to marriage, birth, adoption and so on (Dukcapil, 2020). Family is the first world for children, who contribute mentally and physically to their lives. Through interactions within the family, children not only get to know themselves and their parents but also get to know the life of the community and the natural surroundings (Hasanah, 2020).

Family disharmony is a condition experienced by a family in which the family's functions and roles do not work well so that they fail to carry out their obligations as family members which can cause problems within the family (Rahmadina, 2023). Family disharmony is a condition of a household's inability to maintain the integrity of the family over various problems (Jafar et al., 2023). A disharmonious family can be a family condition where arguments often occur, there is no comfort and a sense of security within it. Disharmony in the family is something that no one wants. Because every married couple definitely wants a harmonious household that is far from conflict. However, this is not easy to do because uniting two different individuals means uniting different desires, opinions and characteristics.

There are several factors that cause disharmony in a household, including lack of education and understanding in religion, economic factors, busyness factors, lack of communication factors, differences in principles, egoism factors. Understanding religion is very important in starting family life. With extensive religious knowledge, harmonious family conditions will be created.

With good education and understanding can lead people to goodness and be kept away from all damage so that disharmony in the household can be avoided. If both parents understand religion and practice it well, family harmony will be realized and have a direct impact on the child. Religious education in the family environment plays a very big role in personality formation, especially for children, because it is in the family environment that children first receive education which can influence the child's subsequent development. So that children have good personalities and avoid moral violations, it is necessary to provide religious guidance from an early age to children in the family. The process of fostering religious values in shaping children's personalities can start from the time the child is born until he becomes an adult. (Aeni Rufaedah, 2020). With a good understanding of religion, everyone will understand that raising a family is an act of worship with great rewards, because the tests are also very difficult. For this reason, religious education is needed between couples so that they can love each other, respect and appreciate each other so that disharmony in the family can be avoided.

Next are economic factors. The need for economic sustenance can be a trigger for conflict in the household, quarrels and disputes between husband and wife often occur due to needs in the household not being met as expected. Even though finances (economics) are not everything, without adequate finances problems will arise in the household (Sholeh, 2021). Another trigger is a situation where the husband is laid off from his job so he cannot provide sufficient income, apart from that there is also a

situation where the wife joins in the work and the wife's income is greater than the husband's. This is what makes the wife sue her husband for divorce which has an impact on the child's psychology. (Latifah Ratnawaty , 2014).

Poor communication in the family can result in divisions between family members which cause family communication to not run harmoniously and make members close to communicating with each other, resulting in disharmony and the need for moral support not being met. In the absence of advice that should be given by parents, a child will seek advice from other people that is not necessarily true, as a result, the child becomes very easy to fall into various negative things and has a deviant personality in society (Nidyansari, 2018). Interpersonal communication is an important aspect that must be considered in efforts to build and maintain husband and wife relationships in the family. One indicator of the success of interpersonal communication between husband and wife is the establishment of good interpersonal relationships which are characterized by the formation of a close or intimate relationship between the two of them (Luthfi, 2017).

The continuous busyness of each family member leads to a disharmonious atmosphere. The most common thing that happens but is often ignored is that children feel lonely since childhood because both parents are busy working. Of course, this is the main impact, because career demands make children lack attention and affection from childhood (Hanim, 2021). Some children prefer to spend their time outside the home and parents don't know what their children are doing out there because they are too busy. Parents do not have control and cannot tell their children what is good and bad, or what they can or cannot do to protect them (Editor, 2020). In reality, every child really wants to be given attention by their parents. He wants to be asked how he feels today, how his studies are going at school or what gift he wants to get. Each family member definitely has a different opinion, and this difference of opinion can be one of the causes of conflict in the family. However, often conflicts in the family are not resolved quickly, so that small conflicts become big problems and disputes arise (Christvidya, 2022). Principles are basic thoughts and actions that cause each person to have different principles from each other. Because of these differences, sometimes there is a risk of debate that causes disharmony within a household (Nugroho et al., 2023). Egoism is the motivation to maintain and promote views that only benefit oneself. Egoism means placing oneself at the center of one goal and not caring about the suffering of other people, including people one loves or those considered to be close friends (Wikipedia, 2022). This egoism often becomes a problem in the family so it should be avoided.

The factors the author mentioned above will have an impact on children's psychology. Child psychology is a branch of science that studies the physical, behavioral and mental changes and growth of humans from birth to old age. Child psychology is a knowledge that studies functions throughout human life by studying the process of thinking so that it can support the development process of a person who continues to develop and change. (Susanto, 2017). Any good or bad situation in a family will have an impact on the child's psychological development. The definition of impact according to the Big Indonesian Dictionary is a clash, an influence that has both positive and negative consequences. Positive impact is the desire to persuade, convince, influence or impress other people, with the aim of getting them to follow or support his good wishes. Meanwhile, negative impact is the desire to persuade, convince, influence or give an impression to other people, with the aim of getting them

to follow or support their bad desires and cause certain consequences. (Suharno and Ana Retnoningsih, *Big Indonesian Dictionary*, (Semarang: Widya Karya,), 2018).

The impact of family disharmony on children's psychology can be in the form of children becoming stressed. Parents need to know that children who often witness their parents arguing or fighting will grow up to be individuals who are easily stressed and less happy. He also tends to be more closed to other people. This is caused by a lack of love and attention from both parents. It is not impossible that in the end children will experience wrong relationships. (Medan Area University Faculty of Psychology, 2022). Other impacts Children will act aggressively and rudely. Aggressiveness is behavior that intentionally intends to injure or harm another person, either physically or verbally. This behavior is often associated with the attitude of children at a developmental age who tend to do whatever they want, even if it means making fun of or hurting other children (Sri Yulianto, 2023). It is a child's natural nature to imitate what their parents do. A family that is not harmonious will result in children tending to be aggressive and rude towards other people. In fact, he doesn't hesitate to hit anyone he doesn't like for no apparent reason. Your little one will also be practically emotional in dealing with all conflicts later. The psychological impact of children in a disharmonious home is that there is no adult figure who can be a role model for children. Children will also think that there are no adults they can trust and emulate. If left unchecked, children will feel lonely and vulnerable to depression. Boys must be close to their fathers so they can see a father's figure and see what a father's duties are. Meanwhile, girls must be close to their mothers, teach them to do their mothers' work at home, this is useful for bringing up a feminist attitude. Then, for the transition period between children and teenagers in middle school or high school, boys must be close to their mother so that the child knows the attitude of a woman who loves him and vice versa for girls (Bengkalis, 2023). The subsequent impact on children's psychology from a background of family disharmony can reduce children's self-confidence and their belief in themselves. A child's strong sense of self-confidence arises from support from his parents. Having motivation and pride from the mother and father will make the child more enthusiastic about carrying out all his activities. On the contrary, children who are in a disharmonious family environment will lose their motivation and enthusiasm. It's not surprising that he will grow up to be a passive and insecure child. Children who experience stress will never grow and develop perfectly. Including in terms of academics or education. Loss of enthusiasm will make children lazy about activities and tend to act as they please. He will feel that education is no longer crucial. An unstable family environment can interfere with a child's focus and concentration on their education, which can then have an impact on decreasing academic achievement.

Poor interaction patterns between parents can affect the way children build relationships with other people in the future. They may have difficulty building healthy relationships and trusting others. Children will be at risk of having mental problems as adults. Children who see their parents fighting are at risk of having mental problems when they grow up. Mental-emotional problems that are not resolved properly will have a negative impact on the adolescent's development in the future, especially on character maturation and trigger mental-emotional development disorders. Mental-emotional development disorders will have an impact on increasing behavioral problems in adulthood. Mental health must be maintained and cared for as much as possible so that mental disorders do not occur. (Florensa et al., 2023)

CONCLUSION

The impact of family disharmony on children's psychology is that conditions of disharmony in the family environment can have serious consequences for children's mental and emotional well-being. Children who are exposed to tension and arguments between parents are likely to experience stress, anxiety, and feelings of insecurity. This can affect their emotional regulation and increase the risk of emotional disorders such as depression or anxiety. Family disharmony can damage a child's self-perception and self-esteem. They may feel guilty or responsible for family problems, which in turn can affect their self-confidence and ability to form healthy relationships in the future. Children who experience family disharmony are more susceptible to behavioral disorders such as aggression, self-isolation, or other behavioral problems. In addition, their concentration and academic performance can also be affected by tension and emotional distractions in a dysfunctional family environment. Negative interaction patterns between parents can shape children's interaction patterns in social relationships. Children may have difficulty understanding conflict and building healthy relationships with others. From this description, it is important for parents to understand that disharmony in the family has a significant impact on children's psychological well-being. Efforts directed at creating a stable, safe, and supportive family environment can help reduce these negative impacts and provide a healthy foundation for a child's development. Family counseling, parent education, and psychological interventions can be important sources of help to improve family dynamics and provide necessary support for affected children.

REFERENCES

- Aeni Rufaedah, E. (2020). *The role of religious education in the family in the formation of children's personality*. Counselia. <https://counselia.faiunwir.ac.id/index.php/cs/article/view/2>
- Arikunto, S. (2016). *Research Procedures A Practical Approach*. Rineka Cipta.
- Bengkalis, A. K. (2023). *The Importance of Parental Figures in the Formation of Child Psychology: Parenting Science in MATSAMA MTsN 4 Bengkalis*. Bengkalis Ministry of Religion. <https://bengkalis.kemenag.go.id/preview/cepatnya-figur-orangtua-dalam-pembesaran-psikologi-anak-ilmu-parenting-dalam-matsama-mtsn-4-bengkalis>
- Christvidya, K. P. (2022). *7 Causes of Conflict in the Family that Often Occur*. FIMELA. <https://www.fimela.com/parenting/read/4889327/7-pembebab-konflik-dalam-famili-yang-sering-terjadi?page=4>
- Dukcapil, A. (2020). *Family Profile in Gunungkidul Regency*. Dukcapil. <https://dukcapil.gunungkidulkab.go.id/2020/04/07/profil-famili-di-kabupaten-gunungkidul/#:~:text=A family is defined as a group of people, birth%2C adoption and so on.>
- Do. (2022). *Qualitative Research Methods Are*. UMSU. <https://umsu.ac.id/method-penelitian-kualitatif-hadap/>
- Medan Area University Faculty of Psychology, A. (2022). *The Impact of Disharmonious Families on Child Psychology*. Faculty of Psychology, Medan Area University. <https://psikologi.uma.ac.id/dampak-famili-yang-tidak-harmonis-pada-psikologi-anak/>
- Florensa, F., Hidayah, N., Sari, L., Yousrihatin, F., & Litaqia, W. (2023). Overview of Adolescents' Emotional Mental Health. *Health Journal*, 12(1), 112–117. <https://doi.org/10.46815/jk.v12i1.125>

- hellodoc. (2018). *The Impact of Disharmonious Families on Child Psychology*. Hellodoc. <https://www.halodoc.com/article/dampak-famili-yang-not-harmonious-pada-psikologi-anak>
- Hanim, A. (2021). *5 Impacts on Children If Husband and Wife Are Both Busy at Work*. IDM TIMES. <https://www.idntimes.com/life/family/afifah-hanim/5-dampaknya-pada-anak-jika-orangtua-sibuk-kerja-c1c2>
- Hasanah, U. (2020). The Influence of Parental Divorce on Children's Psychology. *AGENDA: Journal of Gender and Religion Analysis*, 2(1), 18. <https://doi.org/10.31958/agenda.v2i1.1983>
- Jafar, R., Jannah, M., & Rahman, A. (2023). *Causes of Family Disharmony in South Sulawesi for the 2007-2021 Period*. 7(2), 96–113.
- Juniarti, N. F., & Afrinaldi, A. (2023). The Relationship between Family Disharmony and Emotional Maturity of Students at SMK Negeri 1 Ampek Angkek. *Masaliq*, 3(3), 351–361. <https://doi.org/10.58578/masaliq.v3i3.967>
- Latifah Ratnawaty. (2014). Sociological Juridical Factors in the City of Bogor. *Journal of Information Systems*, 53(9), 15–22. <https://ejournal.uika-bogor.ac.id/index.php/YUSTISI/article/view/1090>
- Luthfi, M. (2017). Interpersonal Communication of Husbands and Wives in Preventing Divorce in Ponorogo. *ETTISAL Journal of Communication*, 2(1), 51. <https://doi.org/10.21111/ettisal.v2i1.1413>
- Nidyansari, D. A. (2018). Communication Disharmony in the Family on the Personal Formation of Children (Humanistic Approach). *Journal of Communication Research*, 1(2), 264–275. <https://doi.org/10.24329/jurkom.v1i2.39>
- Nugroho, A., Safitri, G., & Syifa, A. H. (2023). *FACTORS CAUSING FAMILY DISHARMONIZATION ACCORDING TO STUDENTS*. easchgate.net/publication/366877772_FAKTOR-FAKTOR-PENYEBAB_DISHARMONISASI_KELUARGA_MENURUT_MAHASI_SWA
- Rahmadina, F. (2023). *The Impact of Family Disharmony on Adolescent Independence*.
- Editorial. (2020). *Sad, this is how children feel when their parents are busy working*. DEPOK POS. <https://www.depokpos.com/2020/01/sedih-inilah-yang-dirasakan-anak-pada-orang-tua-sibuk-bekerja/>
- Rosario, N. A. (2023). *What is Meant by Interview*. DetikEdu. <https://www.detik.com/edu/detikpedia/d-6881860/apa-yang-dimaksud-dengan-vangjara-ini-pengertian-unsur-serta-jenisnya>
- Sholeh, M. (2021). Increase in Divorce Rates in Indonesia: Factors Causing Khulu' and Its Consequences. *Qonuni: Journal of Islamic Law and Studies*, 1(01), 29–40. <https://doi.org/10.59833/qonuni.v1i01.182>
- Sri Yulianto, H. (2023). *The meaning of aggressiveness and its characteristics and types*. Bola Com. <https://www.bola.com/ragam/read/5329622/arti-agresif-beserta-ciri-dan-jenisnya?page=2>
- Suharno and Ana Retnoningsih, *Big Indonesian Dictionary*, (Semarang: Widya Karya,), p. 24. (2018). *7. Chapter li Impact*. 12–33.
- Susanto, R. (2017). *Educational Park in Semarang with a Child Psychology Approach*. 79–79. <https://e-journal.uajy.ac.id/11352/>
- Wikipedia. (2022). *selfishness*. Wikipedia. <https://id.wikipedia.org/wiki/Egoisme>

Copyright Holder :

© Swastini, et al., (2024).

First Publication Right :

© International Journal on Advanced Science, Education, and Religion (IJoASER)

This article is under:

