

THE INFLUENCE OF THE FAMILY ON CHILDREN'S MENTAL HEALTH

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Received : 25 September 2025

Published : 01 November 2025

Revised : 05 October 2025

DOI : <https://doi.org/10.59733/medalion.v6i3.235>

Accepted : 20 October 2025

Link Publish : <https://medalionjournal.com/index.php/go>

Abstract

Children's mental health is crucial for healthy growth and development, both physically and emotionally. One of the most significant influences is the family. This article summarizes various literature and research from the past five years, both domestic and international, that discuss how families shape and maintain children's mental health. From the various sources reviewed, it was found that the way parents raise their children, their communication with their children, their emotional stability, and the relationships between family members significantly influence children's mental health. This article also recommends greater family involvement in prevention and treatment programs for children's mental health issues, particularly in education and social policy.

Keywords: *family, children's mental health, parenting, literature review.*

INTRODUCTION

The family is the first place that provides children with comfort, knowledge, and understanding of the world. Various studies show that the quality of family interactions influences children's cognitive, emotional, and social aspects. The role of the family encompasses a variety of interpersonal behaviors and activities related to individuals within a situational context. Expectations and behavioral patterns in the family and society can influence an individual. If the relationship between family and adolescents is not good, this can have a negative impact on the mental health of adolescents, which is one of the emotional aspects. The closeness between teenagers and their families can shape a person's positive character, while a teenager's openness towards their families can prevent mental health disorders.

The importance of mental health is well-known among the younger generation. Mental comes from the Latin word *mens, mentis*, meaning soul, life, spirit, and spirit. Hygiene, on the other hand, comes from the Greek word *hygiene*, meaning the science of health (Kartikasari et al., 2022). Mental health is a key factor in fostering enthusiasm for daily life activities. Therefore, self-awareness and a positive role from one's immediate environment are essential to supporting one's mental health. Mental health refers to a condition in which an individual does not experience symptoms of psychiatric disorders or mental illness and is able to achieve balance in mental functioning. Mental health also involves our ability to adapt to others and our environment. Mental health issues among adolescents remain an unresolved challenge in society. Data from a national household survey conducted by the 2022 Indonesia-National Adolescent Mental Health Survey (I-NAMHS) shows that 1 in 3 adolescents (34.9%), equivalent to 15.5 million Indonesian adolescents, experienced mental health problems in the past 12 months. This data demonstrates the need for greater attention to the development of their mental health in Indonesian adolescents.

METHODS

This article was compiled by reading and summarizing the contents of various reputable journals published between 2019 and 2024. The sources were Google Scholar, ScienceDirect, and DOAJ. The contents of these journals were then analyzed based on key recurring themes.

RESULTS AND DISCUSSION

Parenting exist a process the aims in the direction of improve in addition to; plus support dramatic physical, emotional, social, financial in addition to; plus intellectual development from a child from infancy in the direction of adulthood. The exist reason parents be in possession a big responsibility fashionable providing appropriate care in consequence of the fact that their children. Pleasant, fine parenting exist important to a degree the children container, usually metallic grow into capable individuals who fit into society. Therefore, each parent's method from raising children greatly influences their child's mentality in addition to; plus dramatic way they develop.

3.1 Parenting Styles and Their Impact

Many journals indicate that democratic parenting styles (firm but loving) are closely related to good mental health in children. Children raised this way tend to be self-confident, emotionally stable, and able to solve problems. Conversely, parenting styles that are too strict or too restrictive can actually lead to behavioral problems and anxiety.

3.2 Family Communication

The way a family communicates also has a significant impact. Children who are accustomed to discussing and freely expressing their opinions at home are usually more open and less prone to stress or depression.

3.3 Parental Emotions

Parents' emotional states also influence their children. If parents are frequently anxious or depressed, their children can experience the same. Children learn from how their parents deal with problems, so stable parental emotions are important.

3.4 Violence and Conflict at Home

Family conflict or violence can make children feel insecure. It can even lead to trauma, insomnia, or the emergence of deviant behavior. This is evidenced by numerous studies on this issue.

3.5 The Role of Fathers and Mothers

Many studies also emphasize the importance of the involvement of both parents. Fathers who actively play or help their children learn can actually make children feel more secure and emotionally supported. Therefore, the roles of both fathers and mothers are equally important. As explained above, basically children are born in a clean and holy condition. There are several things that influence their growth and development, such as the environment and the people around them, these factors play a role in shaping children's character and personality. As explained by An-Nahlawi in Juwariyah (2010: 77-78), children are actually born with the correct religious nature, but if in their development there are deviations from religious teachings then this is due to a lack of vigilance on the part of the parents or educators. Therefore, parents are obliged to supervise their children's development.

3.6 Social Assistance from the Extended Family

In addition to the parental role, the support from the extended family (grandparents, uncle, aunt, or elder siblings) is also significantly influential to the mental health of the child. A child brought up in a supportive extended family is likely to have a feeling of security, a strong social identity, and be more competent to handle emotional stress.

3.7 Family Financial Stability

The economic situation of the household also has an impact on the mental health of the child. Families that have economic stability are more capable of creating a supportive atmosphere, giving adequate nutrition, and providing access to education and health care. On the contrary, economic pressure can be the source of conflicts in the house that consequently have a negative impact on the child.

3.8 The Role of Technology in Parenting

Technological advancement also affects the way of parenting in modern families. Smart parents use technology as a tool for communication, education, and positive supervision. However, the overuse of technology without control will lead to the increase of the risk of stress and isolation among children.

CONCLUSION

Families play a significant role in determining a child's mental health. Good parenting, open communication, stable parental emotions, and active involvement from both parents significantly contribute to children's mental health and well-being. Parents need to learn about healthy parenting styles and support their children's mental well-being. The government and schools can create educational programs for parents through community activities. Family counseling services should be expanded to help prevent mental health problems early on.

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