

THE ROLE OF PARENTS IN SHAPING CHILDREN'S MENTAL HEALTH FROM THE PERSPECTIVE OF ISLAMIC GUIDANCE AND COUNSELING

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Abstract: - This study aims to examine the role of parents in shaping children's mental health based on the perspective of Islamic Guidance and Counseling. Using library research as its method, this study analyzes various literature related to child developmental psychology, parenting patterns, and the concepts of Islamic Guidance and Counseling. The results show that parents hold a central role in shaping children's mental condition through the provision of affection, effective communication, the creation of a safe home environment, and granting trust that supports the development of independence and self-confidence. These findings align with Erikson's developmental theory and Bowlby's attachment theory, which emphasize the importance of secure emotional bonds between parents and children. In the Islamic perspective, parents act as murabbi and primary role models who instill *aqidah*, morals, and positive behavioral habits, as emphasized in *Qur'an Surah At-Tahrim* verse 6. This study concludes that active parental involvement rooted in the principles of Islamic Guidance and Counseling significantly contributes to developing a child's stable mental health, strong character, and alignment with Islamic values

Keywords: parental role, children's mental health, Islamic guidance and counseling, parenting, child development.

INTRODUCTION

A religious approach is not merely ritualistic but has a real impact on mental health. The role of the child in Islamic guidance and counseling is that of a subject who receives guidance and support to grow and develop harmoniously in spiritual, moral, social, and psychological aspects. Children are guided to develop life skills aligned with Islamic values, understand life purpose, responsibility, and the importance of living according to religious teachings.

From a developmental standpoint, children and adolescents have unique psychological characteristics that require deep attention, particularly in the development of behavior and emotional maturity. In Islam, children are considered a trust (*amanah*) from Allah that must be cared for, nurtured, guided, and educated responsibly by parents. Children are viewed as adornments of the world, a source of comfort for families, and an essential part of lineage

continuity. Islam affirms children's fundamental rights such as the right to life, affection, protection, religious education, and fulfillment of emotional and physical needs.

In the context of Islamic Guidance and Counseling, parents hold a strategic position as the first role models in shaping their children's identity, morals, and beliefs. They serve as primary companions who help children understand themselves, adapt to their environments, and develop their potential based on Islamic values. Zakiyah Daradjat (1996) explains that parents are the first shapers of a child's personality; their attitudes and lifestyles indirectly influence the child's growth and development.

The parental role in building children's mental health is particularly important in fostering self-confidence, emotional regulation, and psychological resilience. Mental health is defined as a state of emotional, psychological, and social well-being, forming the foundation for productivity and quality of life. Children with good mental health typically show greater happiness, better adaptability to challenges, and optimal development in school and social environments.

However, real-world data indicates that mental health issues among children and adolescents are rising. Globally, one in seven children aged 10–19 experiences mental disorders. In Indonesia, more than 31 million people over age 15 experience mental health problems. Many factors trigger this condition, including childhood trauma, family instability, domestic violence, poverty, poor emotional regulation, and negative digital media influence.

Modern parenting issues, such as excessive reliance on digital devices, reduced communication, and inconsistent parenting patterns, increase children's vulnerability to mental disorders. Families that adopt educational patterns aligned with Islamic teachings can significantly support the formation of children's character, temperament, and morals.

Although many studies examine parenting and children's mental health, few specifically discuss how Islamic Guidance and Counseling influences mental health formation. Thus, this study aims to analyze parental roles from an Islamic Guidance and Counseling perspective

LITERATURE REVIEW

1. Parental Role in Personality Development

Parents influence children's personality through affection, a calm home environment, mutual respect, trust-building, and effective communication. A loving environment fosters independence and problem-solving abilities, whereas excessive control hinders psychological development.

2. Child Development Psychology Theories

Erikson's psychosocial theory highlights childhood as a critical phase for building identity and confidence. Bowlby's attachment theory stresses that secure emotional bonds enable children to regulate emotions and build healthy relationships.

3. Parental Role in the Islamic Perspective

In Islam, parents act as *murabbi* (educators) and *qudwah* (role models). Surah At-Tahrim verse 6 commands parents to protect their families from spiritual decay. Parents must instill *aqidah*, morality, discipline, and worship habits through love and consistent guidance.

4. Counseling in the Islamic Perspective

Islamic counseling has three functions: preventive, curative, and developmental.

5. Previous Research

Studies show that Islamic-based parenting improves emotional stability, worship discipline, and family harmony

METHOD

This study employs a qualitative descriptive method supported by an extensive literature review. Data were collected by referring to a variety of scholarly sources, including books, journals, official websites, and scientific articles closely related to the topic of parental roles in shaping children's mental health from the perspective of Islamic Guidance and Counseling. The publication period was limited to the last ten years.

The data collection procedure involved identifying, screening, and evaluating relevant literature. The analysis was conducted using a content analysis approach, which entailed a thorough examination of source materials to identify central themes such as the preventive, curative, and developmental functions carried out by parents within the framework of Islamic counseling. Data credibility was ensured through source triangulation and the selection of trustworthy literature.

Key points identified include:

- The functions of Islamic guidance and counseling encompass preventive, curative, and developmental aspects.
- There is a strong correlation between parental involvement in a child's life and the child's mental health condition.

Data Validity

Data validity was maintained through the following methods:

1. **Source triangulation:** conducted by comparing findings across different available literature.
2. **Source criticism:** involving an evaluation of the quality, relevance, and methodological rigor of the journals or books used as references.
3. **Analytical consistency:** ensuring that all interpretations were aligned with the framework of Islamic Guidance and Counseling.

RESULTS AND DISCUSSION

Based on the literature review conducted, it was found that parental roles serve as a primary factor in shaping children's mental health. All sources, whether from modern psychological perspectives or Islamic Guidance and Counseling, highlight a strong relationship between parenting styles, the quality of family interactions, and children's emotional well-being.

1. The Role of Parents in Shaping Children's Personality and Mental Health

Kartono (1982) emphasizes that children's mental health is inseparable from family conditions. Affection, a harmonious home atmosphere, mutual respect, trust, and regular communication constitute the main foundations for the development of a mature personality. A nurturing environment promotes independence, problem-solving abilities, and self-confidence in children. Conversely, excessive control and an unstable household can hinder psychological development and increase the risk of anxiety.

These findings align with modern research such as Sari (2022) and Supini & Handayani (2024), which demonstrate that warm and communicative parenting significantly contributes to emotional stability and children's ability to manage stress. Thus, the literature consistently affirms that parental involvement—emotionally and morally—is essential to children's mental health.

2. Relevance to Developmental Psychology Theories

The literature also indicates that classical developmental theories such as Erikson and Bowlby support Kartono's perspective. During early developmental stages, children require secure attachment to build self-confidence and healthy emotional regulation. A harmonious parent-child relationship contributes to adaptive behavior, self-control, and the formation of a stable identity (Rahmawati, 2020; Nurhayati, 2018).

These findings reinforce the conclusion that mental health issues in children often originate from disharmonious family relationships, emotional distance between parents and children, or inconsistent parenting. Consequently, both psychological and educational literature agree that parents are the primary factor in establishing the foundation of children's mental health from early childhood.

3. Islamic Guidance and Counseling Perspective

In Islamic teachings, parents hold the functions of *tarbiyah* (education), *ta'dib* (moral discipline), and *qudwah* (role modeling), which encompass emotional, moral, and spiritual dimensions. Islamic literature, as described by Sihabudin (2019) and Fauzan (2021), asserts that mental health formation cannot be separated from the cultivation of character, religious practices, and parental exemplification.

The Qur'an, Surah At-Tahrim verse 6, provides a strong basis for the parental responsibility to protect the family from moral and emotional harm. Therefore, the formation of children's mental health in Islamic Guidance and Counseling integrates spiritual, emotional, and social domains in a balanced manner.

Studies such as Mahdi & Andriyani (2025) show that Islamic family-based counseling programs strengthen communication, reduce family conflict, and enhance children's psychological resilience. These findings affirm that religious-based approaches are not merely ritualistic but have tangible impacts on mental well-being.

Critical Analysis and Theoretical Integration

A comparison of the literature reveals consistent patterns:

1. Harmonious families contribute to stronger mental health.

Both modern psychology and Islamic counseling emphasize emotional stability, communication, and closeness within the family.

2. Parents serve as the child's first role models.

Kartono highlights parents as primary role models, and Islam reinforces this through the concept of *qudwah*. Children imitate parental behavior, communication styles, and emotional responses.

3. Children's mental health develops through daily interactions.

Secure attachment, affection, trust, and consistent spiritual guidance form the basis of healthy psychological development.

4. Islamic parenting is comprehensive.

It nurtures cognitive, emotional, moral, and spiritual dimensions, making children more resilient to modern social pressures.

Thus, the literature shows that parental guidance rooted in Islamic values can serve as an effective solution for preventing mental health problems from an early age, especially amid rising rates of mental disorders among children and adolescents.

5. Implications for Islamic Guidance and Counseling

Based on the literature reviewed, several important implications emerge:

1. Islamic counselors can focus family counseling services on strengthening communication and spirituality.
2. Parents should receive education on Islamic parenting that is humanistic, empathetic, and exemplary.
3. The home environment must function as a safe space for children to express emotions and develop confidence.

Islamic Guidance and Counseling approaches can prevent mental health issues more effectively through character formation and emotional tranquility.

CONCLUSION

Based on the literature review, it can be concluded that parents have a fundamental role in shaping children's mental health—emotionally, socially, and spiritually. Affection, warm communication, exemplary behavior, and the creation of a safe family environment are crucial for supporting children's psychological development.

These findings are consistent with Erikson's and Bowlby's developmental theories, which emphasize the importance of emotional support and secure attachment between parents and children.

From the perspective of Islamic Guidance and Counseling, parents act as *murabbi* and role models in instilling faith, moral values, and positive habits. Islamic teachings also emphasize that nurturing children's mental well-being is a parental responsibility that must be carried out consistently through affection, habituation, and educative communication.

Therefore, the role of parents significantly influences the formation of children's mental health, enabling them to develop stability, strong character, and alignment with Islamic values.

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