

The Impact of Toxic Parents on The Growth and Development of Early Childhood after The Pandemic

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Keywords: Toxic Parents, the Growth and Development, Early Childhood.

Abstract: This Community Service aims to provide guidance to parents regarding post-pandemic care so that parents can provide care that provides protection, education, care for their children so that children can grow and develop according to their stages of development. The parents who were given guidance regarding parenting were 41 parents who have children under 6 years old who live in Cibatu, Purwakarta. This community service method uses a psychoeducational approach. This guidance is important because families should be able to implement family functions properly and provide a sense of security to their children. However, not a few parents during the pandemic, many who resort to violence in educating their children, especially the pandemic situation which is felt to give a heavy burden to parents, especially mothers who have to teach their children's school lessons in addition to having to take care of their household needs. The wrong treatment (toxic parenting) in educating the child can have a long-term adverse impact on the child. In addition, in this service, parents are also given self-healing to be able to control their emotions when they are with their children. The emotional condition of parents before being given self-healing was on a scale of 9/10, but after being given self-healing, it decreased to a scale of 2/3. The result of this service is the awareness and increased understanding of parents regarding the impact of toxic parenting on their children.

1. 1 INTRODUCTION

Children are a mandate and also a gift given by God so that parents can give obligations and be responsible for guiding the trust. God commands children to be devoted to their parents, but God also gives orders for parents to always do good to their children and also gives the obligation to educate to the maximum. Good parenting for children is part of fulfilling God's mandate. However, if it is not implemented, it can be categorized as neglect of rights and includes betrayal of what Allah has given. A good family should be able to implement family functions properly and be able to provide a sense of security to their children.

Parenting is a way or tips that parents do to protect, educate, care for, and guide their children so that they can grow and develop according to their stages. A good family should be able to implement family functions properly and be able to provide a sense of security to their children. Toxic parenting is a parent who is not able to provide the physical, psychological and emotional needs of children which

can inhibit the growth and development of children throughout their lives. Toxic parents, which means parents who harm, hurt or even harm their own children, which leads to physical and psychological injuries that are embedded in the child which can cause trauma. Children who receive care from toxic parents in addition to causing problems in emotional relationships with their parents will also have an impact on behaviour that will occur from generation to generation.

Hurlock (1998) divides parenting patterns into 3, namely authoritarian, permissive and democratic parenting. First, democratic parenting is a form of parenting that requires children to apply rules and boundaries without giving children the opportunity to voice their arguments. In authoritarian parenting, if the child does not apply these rules, the children are threatened and punished. Second, permissive parenting is a flexible parenting pattern or parents apply freedom and flexibility to children to do whatever they want without any restrictions and regulations given by parents. And the third is democratic parenting, namely parents who always

provide support to children instil discipline in children by setting an example, respecting and also providing freedom which of course is followed by guidance from parents.

According to Altridhonato, there are many factors that affect the quality of parenting for their children. Among them are the age of the parents, the involvement of the parents, the education of the parents, the previous experience related to child care, the stress level of the parents and the relationship between husband and wife. The first factor is the factor of parental age, the age of parents who are too young or too old will have an impact on their upbringing, if the age of the parents is too young then often parents do not have mental readiness and mature age to get their new roles and burdens as parents while parents who are too far away with children, will have an impact on the distance that is too far in terms of age with their children so that they are not able to carry out their role as parents to the fullest.

The second factor in parenting is parental education. High parental education will provide good quality care for their children, on the other hand, if the parents' education is low, the parenting often repeats the care obtained from previous parents so that the impact is less than optimal to form quality children. The third factor in parenting is previous experience with child care. This third factor is a common thing that often happens to parents in accompanying their children, because being a parent there is no school, so the prototypes obtained from their parents will be passed on to their children. If previously he got good care from his parents, then he would treat his child well. But if he gets abuse or bad treatment as a child from his parents, then he will pass on bad parenting to his children as well.

The fourth factor is the level of stress that parents have. The stress factor for parents is of course very influential in the upbringing of children. The pandemic condition has implications for increasing stress that occurs in parents, especially parents who have lost their jobs, economic difficulties and high living needs make parents vulnerable to stress, so that because children ask for money for snacks and parents are unable to give money, parents end up getting angry and not hitting a bit. or physically abuse their child as a result of not having money and to cover it up by being angry with the child and committing violence against the child.

While the last factor that affects parenting is the relationship between husband and wife. A harmonious husband and wife relationship will provide warmth, tranquillity and a sense of security to

their children, while a husband wife relationship that is not harmonious, full of quarrels, swearing and even beatings and physical violence and psychological violence and carried out in front of children will cause children to feel fear, parenting wounds arise from the inner child from unmet needs, and even long-term trauma to the child. So, if parents have previously experienced one of the five parenting factors as children, then the care for their children will repeat the care received so that it will happen from generation to generation. The influence of parenting obtained from a family environment that is not good will form a way of parenting that is not good because it is carried away from what they got from their previous parents, so that this behavior can become toxic parenting.

According to a psychologist, Sri Juwita Kusumawardhani toxic parents are families who are unable to carry out family functions properly and are unable to provide a sense of security to their children. Mikulinser also explained that toxic parents are parents who adopt a lifestyle and also interactions that can damage the child's ability to build healthy relationships between families, as well as friends and partners. Meanwhile, according to Forward (1989) Toxic parents mean parents who harm, hurt and even harm their own children which lead to physical and psychological injuries that are embedded in children which can cause trauma.

Toxic parents are the type of parents who manage their children according to their wishes and desires without respecting the feelings and opinions of children. Children with submissive personalities will try hard to make their parents happy, while children with rebellious personalities will rebel against their parents. This condition can cause children to feel constrained and frightened. In fact, it is not uncommon for children to grow up to be individuals who often blame themselves and have low self-confidence. So, it can be concluded that toxic parents are parents who are not able to provide physical, psychological and emotional needs of children which can inhibit the growth and development of children throughout their lives. And according to Dunham and Dermer (2012) when children develop from toxic parents can experience damage to their emotional relationship with parents and can make this behaviour happen from generation to generation.

At least there are characteristics of parents who are toxic parents, including the lack of concern that parents show for their children, parents who often compare their children, parents who can traumatize children, have excessive expectations of children's achievements, have a selfish nature and lack empathy,

likes to regulate (controls children excessively), spit on children's ugliness, always blames children, does not respect children's efforts, brings up children's mistakes, alcoholic parents and drug users, parents who are violent, children are often given unnatural corporal punishment. In this case, the child is involved in parental problems that cause guilt in the child, suppresses the child's psychological and emotional condition, and bribes the child by giving money or the like if the child has done what the parents wanted.

According to Dunham and Dermer, there are three types of toxic parents including pageants parents, the type of toxic parents where parents try hard to shape their children according to their wishes. Pageant Parents assume that the success of the child can describe the success of the parent as well, so that the parent encourages the child to accept his wishes as well as the wishes of the child. The second type of toxic parents is dismissive parents where parents often underestimate their children, these parents can be at home every day but they are not involved in the child's life, they can meet the basic needs of the child but without a warm emotional connection. Meanwhile, the third type of toxic parents are contemptuous parents who often insult their children, because these parents have desires and dreams that are hung on their children, so they tend to criticize, curse and bring down their children's emotions.

The impact of toxic parents is very bad because it will have an impact on the long-term growth and development of children. The impact of toxic parents on children's psychology includes low self-esteem, lack of self-confidence, being perfectionists, often blaming themselves, not easy to trust, having unhealthy relationships, children from toxic families will become toxic parents too if they have children. In addition, it will cause trauma and destroy the child's self-esteem and create self-destructive behavior that appears in the child and will create a sense that the child is worthless and unloved. So, from this unsafe condition it will often lead to emotional violence, sexual violence, physical violence or neglect.

The impact of other toxic parents will have a negative impact on the child's brain development and damage will occur in the nerve cells of the child's brain. According to Indonesian neuroscience experts Amir Zuhdi (2015), children are born with millions of billions of neurons or nerve cells in the brain and when children are learning the neurons will connect close together, the neurons are getting stronger and hormonal also work. But when parents yell or shout at their children, it will increase the hormone cortisol which causes children to feel scared. This cortisol

hormone will disconnect the neurons or cells in the child's brain. One parental yell will disturb the neuron cells, and one neuron cell is damaged (exploded) and you can imagine if the yelling happens repeatedly even every time and every day, the result is that the neurons will be disrupted so that the impact on the child's thought process is disrupted, making it difficult to make decisions, children cannot receive information well, cannot make plans, until finally do not have confidence. These neurons contain files, if there is a large amount of damage (neuron death) then the result is that the person becomes sluggish.

Based on the results of research, the impact of toxic parents is very dangerous for children's growth and development, so in the post-pandemic period, it is necessary to provide guidance to parents to provide quality care for children, especially to parents who have early childhood so that parents can provide good and effective care. with full tenderness that can support the growth and development of early childhood in accordance with the stage of development.

2. 2 METHOD

In this activity, the method chosen to convey material to parents is the psychoeducational method. The purpose of this activity is to prevent psychological problems (Lukens & McFarlane, 2004). The target of this parenting participant is all parents of RA Al Barokah, Cibatu District, Purwakarta Regency. The number of participants who took part in this activity was 41 people. The success of this psychoeducational method is measured through changes in knowledge (cognitive level) before and after participating in parenting program activities.

3. RESULT AND DISCUSSION

3.1 Stage of Parenting Program Implementation

The stages in the implementation of this parenting program consist of 3 stages, namely:

1. Preparation Stage, this stage is the design stage of the parenting program which is prepared based on the results of the needs of parents at RA Al Barokah. The initial assessment was carried out by observing and

interviewing the school and also the parents of RA Al-Barokah students.

2. Implementation Stage, this stage is the stage of implementing the parenting program with the theme "The Impact of Toxic Parents on the growth and development of early childhood" was carried out for parents of students of RA Al-Barokah, Cibatu District, Purwakarta.

3. Evaluation Stage, this stage is the stage of evaluating the success of the program and seeing the strengths and weaknesses of the program for the development of the next program implementation.

3.1.1 Stage 1 Preparation Stage

After exploring the needs of the parents of RA Al Barokah students, the following parenting program was arranged:

Table 1: Paranteng Program

NO	Time	Activity
1	08.00-08.30	Registration
2	08.30-08.35	Welcome Committee
3	08.35-08.45	Message from the Principal
4	08.45-09.15	Introduction of Speakers by Moderator
5	09.15-10.30	Parenting Definition Material Kinds of Parenting Parenting Factors Understanding Toxic Parents Types of Toxic Parents Impact of Toxic Parents on early childhood Toxic Parents in Islamic View
6	10.30-10.45	Ice Breaking Hand game Clap game
7	10.45-11.00	Q&A
8	11.00-11.30	Self-Healing and practice Meridian points in self- healing therapy-practice reduces emotions, parenting wounds, inner child in dealing with children and parenting
9	11.30-11.35	Prayers
10	11.35-15.45	Closing and Group photo

3.1.2 Stage 2 Implementation

Material 1 regarding "Toxic parenting concepts (toxic parents) for early childhood development" is carried out through the lecturing method where parents are understood about the meaning of parenting, various parenting patterns, factors that influence parental care

for their children, understanding of toxic parents, factors that influence the occurrence of toxic parents, the impact of toxic parents on children's growth and development, Islamic views on children, toxic parents in Islamic views, effective communication from parents to children, 12 popular styles that parents avoid in communicating with children, and 7 pillars of parenting based on research results. The participants were very enthusiastic and very active in delivering the material by the moderator. On average, all participants had confusion and began to realize the mistakes of parenting so far to their children.

Material 2 on "Self-healing" is done through experiential learning method. All parents are invited to directly do self-healing to themselves as an effort to eliminate emotions from parenting so far, besides that in self-healing parents are also invited to feel the condition of their heart, express frustration, anger or sadness that they have experienced as a child with both parents. their parents or to their husbands and children after marriage.

3.1.3 Stage 3 Evaluation

The evaluation results show that almost 80% of parents get awareness and experience an increase in correct knowledge in parenting. And in general, participants stated the benefits of this activity, such as:

- 1) being able to identify the wrong parenting (toxic parents) that can hinder the growth of children's development;
- 2) add insight, especially care for early age children;
- 3) The emotional condition of parents before being given self-healing was on a scale of 9/10, but after being given self-healing, the emotions of parents decreased on a scale of 2/3.

3.2 Discussion

This After going through discussions and questions and answers with the parents of RA Al Barokah students, almost on average the parents have done violence to their children, even though they only pinched, shouted or compared their children with other people as a form of motivation. However, after explaining that in the opinion of Aisyah Dahlan, a neuroscience expert explained, the part of a child's brain that first grows is the part of the brain that is related to emotions. In that section, the largest is the area of the emotion of fear, and this is the reason why children get scared easily. The more often the yelling is loud and frightens the child, the higher the damage to the neurons. So, parents should be able to manage

emotions. When a child makes a mistake, say it is wrong by giving understanding without yelling.

In addition, parents should also avoid communication with the 12 Popular Styles according to Yayasan Kita dan Buah Hati, namely commanding, blaming, belittling, comparing, branding or labelling, threatening, advising, lying, entertaining, criticizing, satire and analysing. Because these 12 popular communication styles will only hurt children's hearts, so their growth and development will be disrupted.

Children are a gift and a mandate given by God that must be accounted for. God commands children to be devoted to their parents, but God also gives orders for parents to always do good to their children and also have an obligation to educate children to the maximum. As the Hadith narrated by Imam Ibn Majah from a friend of Anas bin Malik r.a. The Prophet said, "Honour your children and educate them with noble manners". And one way to fulfil the mandate of Allah is by giving good care to children and speaking gently. When parents are gentle with their children, it is part of fulfilling God's mandate. However, if it is not implemented, it can be categorized as neglect of rights and includes betrayal of what Allah has given.

The results of research related to parenting Elly Risman (2019) explained that parents should have seven pillars in parenting. The first is readiness as a parent. When parents are not prepared as parents and only prepare professionals in their field of work, there will be many words that injure the soul and are passed on to their children. Second, parental cooperation, especially father's involvement. When the father's role in parenting is lacking or even lost, it will result in children having a tendency to pornography, decreased right brain shrinkage by 4.4%, unable to control themselves, risky sexual relations, all of this is due to the father not being a leader in parenting, the father is only the breadwinner not as teacher, giver of love, coach or place of discussion. The lack of a father's role is likened to a strong storm but his endurance is not there, eventually he collapses. Third, the family has no parenting purpose. Because of the lack of clarity in the purpose of parenting, many children feel lonely. When the child comes home from school, there is no parent, so because his soul feels tired, the child finally vents it on his cell phone. Fourth, parental communication does not match the brain, so there is no warm communication between parents and children. Fifth, religious education is not the parent who teaches it, but is given to the school (sub-contract) because it is not the parents themselves who teach it. Religious education is only limited to muamalah and worship is not born because of the

strength of faith and the solidity of aqidah. Sixth, the child is not prepared for the end of puberty. Because children are not prepared for the end of puberty, there are many teenage problems and juvenile delinquency. While the seventh is to teach children to be wise in technology, when and for how long children with technology become a necessity besides parents also have to monitor and supervise the content used when using technology.

Thus, when the seven pillars of parenting can be realized in accompanying children, then of course parents will not become toxic parents. By providing the best care, we are preparing a quality generation, a generation that grows and develops according to the stage of its development.

4 CONCLUSIONS

Toxic parents are parents who are not able to provide physical, psychological and emotional needs of children which can inhibit the growth and development of children throughout their lives. The effects of toxic parents on children's psychology include lack of confidence, being perfectionists, often blaming themselves, not easy to trust, having unhealthy relationships, besides that it will cause trauma and destroy children's self-esteem and create self-destructive behaviour where children are worthless and not loved. The impact of other toxic parents will have a negative impact on the child's brain development and damage will occur in the nerve cells of the child's brain.

Thus, this parenting activity can increase the knowledge and insight of parents regarding good and gentle parenting that can support the growth and development of early childhood according to their stage of development. Self-healing can improve the emotional condition of parents to be calmer and more able to control emotions when caring for children hope you find the information in this template useful in the preparation of your submission.

ACKNOWLEDGEMENTS

Thank you to all those who helped, especially the teachers and school principals of RA Al Barokah, Cibatu and also the PPL student committee who had helped carry out this community service activity. In addition, to all parents of students who take part in this parenting program. Hopefully useful and can be done in everyday life in accompanying children. So

that it can create quality children who develop according to the stages of development.

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