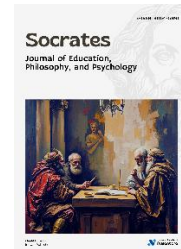




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Building Good Communication with Children for Family Harmony

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Abstract: Good communication between parents and children is the primary foundation for building family harmony. This article discusses the importance of positive communication in family relationships, factors influencing its success, and effective strategies for everyday life. This study employs a descriptive method with a qualitative approach to identify family experiences in fostering communication. The findings reveal that open communication, empathy, and active involvement in children's lives contribute to creating harmonious family relationships. Therefore, effective communication strategies are the key to successful family relationships.

Keyword: Communication, Children, Family Harmony, Family Relationships

INTRODUCTION

The family is a place for everyone to grow and develop, and acquire moral principles that shape a good personality. The family is the first unit where children become a place to socialize with other children, becoming a very meaningful forum between individuals and groups. One of the goals of forming a family is to create harmony within the family. Communication is a process of conveying goals to create relationships between one individual and another. Harmony in the family can be achieved if there is a good relationship between family members, harmony in the family can also determine whether the family can survive or not, one important aspect in realizing harmony is communication, if there is no good and effective communication it will lead to disputes and even worse, therefore it is hoped that there will be communication that can provide views, understanding, well so as not to cause disputes for the parties. The importance of respecting the parties to achieve harmony between family members (Jasintha, 2020). A healthy society is not only characterized by good physical condition, but also by mental health and harmonious social relationships, which are an important foundation in national development efforts. In this regard, the family plays a crucial role in shaping social structures, with family integrity serving as the foundation for the sustainability of societal integrity. Therefore, maintaining harmony within the family has a significant impact on individual and societal well-being, ultimately contributing to sustainable national development.

METHOD

This study employed a descriptive method with a qualitative approach. Data were collected through in-depth interviews and observations of five families living in an urban area. Respondents were selected for families with children aged 6-15. Interviews were conducted with both parents and children to gain perspectives from both parties. Data analysis was conducted thematically to identify communication patterns that support family harmony.

RESULTS AND DISCUSSION

The results of this study show that effective communication in the family is influenced by the following factors:

1. **Open and Honest Communication**
Parents who are open to their children's opinions and feelings tend to create more harmonious relationships. Children feel valued when their opinions are heard and considered.
2. **Use of Empathy**
A parent's ability to understand their child's perspective, especially when they're facing challenges, is crucial. Empathy helps create a sense of security in children, making them more comfortable talking about their experiences.
3. **Quality Time**
Family activities, such as having dinner without the distraction of technology or playing together, provide opportunities for parents and children to strengthen emotional bonds.
4. **Use of Positive Language**
The language used in everyday communication has a significant impact on emotional relationships. Compassionate and non-judgmental language can boost a child's self-confidence.
5. **Technology Barriers**
While technology can facilitate communication, excessive use often hinders direct interaction. Many children feel neglected because parents are more focused on their devices than listening to their children's stories.

The discussion of the research findings emphasized that families who manage communication well tend to be more harmonious and resilient to conflict. Healthy communication patterns also help children develop positive social skills and self-confidence.

CONCLUSION

This study concludes that good communication between parents and children is key to building a harmonious family. Openness, empathy, quality time, and the use of positive language are essential elements in creating healthy family relationships. On the other hand, parents need to be aware of the negative impact of technology on direct communication within the family. By implementing effective communication strategies, families can create an environment conducive to children's emotional and psychological growth. To support sustainable family harmony, it is recommended that parents continue to learn and adapt to their children's needs, and actively involve themselves in their children's lives.

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