

The Role of Parents in Forming Children's Mental Health

Andi Fatmawaty Syam¹, Nursyamsi Ichsan², Citra Nasir³
^{1,2,3}Universitas Mega Buana Palopo, Indonesia

Abstract

This study employs normative legal research to explore the intersection between psychiatry and legal investigations, focusing on the role of psychiatrists in contributing information to investigative processes. Through a descriptive methodology and qualitative analysis of secondary data, including primary, secondary, and tertiary legal materials, this research delves into the legal and ethical considerations that psychiatrists face. It highlights the complex dynamics of confidentiality, consent, and the therapeutic relationship within the legal context. The study further examines the broader implications of mental health, particularly among children and adolescents, emphasizing the significance of a nurturing environment and the pivotal role of the family in fostering mental well-being. It underscores the need for comprehensive mental health education and the development of preventive measures to enhance the resilience of the youth against mental health challenges.

Keywords: Normative legal, Psychiatry, Mental health, Adolescent

1. Introduction

Mental health encompasses a comprehensive spectrum of cognitive and emotional well-being. Experts in the field, drawing from a diverse array of psychological and sociological perspectives, define mental health not merely as the absence of mental disorders but as a state of overall well-being where an individual realizes their abilities, can cope with the everyday stresses of life, can work productively, and can make a contribution to their community (World Health Organization, 2021). This definition underscores the multifaceted nature of mental health, emphasizing the importance of resilience, personal development, and social harmony.

Mental health issues, distinct from mental illnesses, pertain to the disruptions in this state of well-being, often manifesting through challenges in learning, personality development, interpersonal relationships, and even physical health, particularly in adolescents (Santrock, 2020). Adolescence is a critical period for mental health because it is a time of significant change and adjustment, spanning physical, emotional, and social domains. These changes, while a normal part of development, can precipitate stress and, in the absence of adequate care and support, lead to mental health disturbances.

As the bearers of future societal and national continuities, children require a nurturing environment that promotes their holistic growth—physical, mental, and social. The imperative to safeguard children's well-being and ensure the non-discriminatory fulfillment of their rights is universally acknowledged, forming the cornerstone of various international and national policies aimed at child welfare (United Nations Children's Fund [UNICEF], 2019). Protective measures and opportunities for optimal development are vital to prepare children for their future roles in sustaining their nation and state.

Zakiah Daradjat, an influential figure in the discourse on mental health, posits that true mental well-being is achieved through the harmonious integration of the soul's functions, coupled with the capacity to navigate life's ubiquitous challenges without succumbing to anxiety or internal strife (Daradjat, 1969). Daradjat's framework places significant emphasis on the role of religious faith, specifically Islam, in fostering this harmony, advocating for a life guided by religious tenets, social norms, and moral principles to achieve contentment in worldly life and the hereafter.

The familial environment plays an indispensable role in adolescents' mental and emotional development. As the primary social unit, the family is the initial context for socialization, where

children form their earliest attachments and learn fundamental social cues and behaviors (Bronfenbrenner, 1979). Parents, siblings, and extended family members collectively influence a child's mental health, shaping their personality and character. This influence underscores the critical importance of the family in fostering a supportive and understanding environment that promotes the mental well-being of its younger members.

2. Method

Normative legal research, a cornerstone in legal studies, operates primarily by examining secondary data. This type of research is instrumental in dissecting and understanding the intricacies of legal frameworks, doctrines, and principles as they apply to specific societal issues or phenomena. In elucidating the role of psychiatrists in contributing information to investigative processes, normative legal research offers a systematic approach to scrutinizing the legal provisions, guidelines, and ethical considerations governing this interaction (Marshall & Rossman, 2016).

The methodology employed in normative legal research is inherently descriptive, presenting a detailed and comprehensive picture of the social phenomena under investigation. By leveraging secondary data, researchers extensively analyze existing legal texts, including statutes, case law, and legal doctrine, to construct a coherent narrative or argument. This research approach is predicated on the understanding that secondary data—encompassing primary legal materials (e.g., legislation, judicial decisions), secondary legal materials (e.g., legal commentaries, textbooks), and tertiary legal materials (e.g., legal dictionaries, encyclopedias)—provides a rich tapestry of sources that inform the legal scholar's inquiry (Hutchinson, 2019).

The collection and analysis of data in normative legal research follow a document study technique, where the researcher meticulously reviews and interprets the relevant legal documents to conclude the subject matter. This technique is complemented by qualitative analysis methods, which facilitate a nuanced exploration of the data, identifying themes, patterns, and insights that contribute to the overall understanding of the legal issue at hand (Saldaña, 2021).

A literature review underscores the importance of normative legal research in enhancing our comprehension of the legal landscape surrounding psychiatry's role in legal investigations. Studies have highlighted the complex legal and ethical considerations that psychiatrists must navigate when providing information to law enforcement, including confidentiality, consent, and the potential impact on the therapeutic relationship (Appelbaum, 2016). Further, the literature points to the evolving legal standards and guidelines that shape the interaction between psychiatry and the legal system, underscoring the need for ongoing research and analysis in this area (Moore & Jefferson, 2018).

3. Results And Discussion

Health encompasses far more than the mere absence of physical ailments. In an era increasingly defined by its attention to holistic well-being, the importance of mental health, particularly among children and adolescents, has come to the forefront of public discourse. The World Health Organization (WHO) has identified young individuals, especially those navigating the tumultuous phase of adolescence, as particularly susceptible to mental health challenges. This vulnerability stems from many factors, including but not limited to the myriad physiological, psychological, and socio-economic transformations they undergo during these formative years. Compounding these inherent challenges is the pervasive influence of technological advancements, most notably social media platforms, which often propagate unrealistic life expectations, contributing significantly to the mental strain experienced by the youth (World Health Organization, 2018).

The impact of social media on young minds cannot be overstated. It has been argued that these platforms, by promoting unattainable standards of living, exacerbate feelings of inadequacy and anxiety among adolescents, thereby undermining their mental well-being (Smith & Duggan, 2019). In light of these challenges, the importance of health education, with a particular emphasis on mental health awareness for children and adolescents, becomes evident. Such educational initiatives aim not only to

enlighten the public about the nuances of mental health but also to elucidate strategies for the prevention, treatment, and rehabilitation of mental illnesses.

Marie Jahoda's expansive definition of mental health underscores the complexity of this concept, emphasizing that mental health transcends the mere absence of psychological disorders. According to Jahoda, a mentally healthy individual is characterized by positive self-perception, personal growth and self-realization, self-integration, autonomy, an accurate perception of reality, and the ability to navigate and adapt to the environment effectively (Jahoda, 1958). Achieving mental health, as per the literature, hinges on three principal strategies: fulfilling basic needs, attaining satisfaction in various life domains, and securing a valued social position and status within one's community. These strategies align with the understanding that mental health is deeply rooted in an individual's interactions with their social and environmental contexts (Maslow, 1943).

Parents play an indispensable role in the mental health of their offspring, serving as the primary educators and influencers. The family environment shapes a child's perception of the world and themselves. However, the influence of external educational entities, such as schools, cannot be underestimated. Schools serve as critical socialization channels where children are exposed to new ideas, relationships, and challenges. While these encounters can positively contribute to a child's development, they also present potential risks to their mental health, emphasizing the need for parental vigilance and guidance (Bronfenbrenner, 1979).

Furthermore, environmental factors significantly impact children's mental health, with parental involvement acting as a crucial mediator in mitigating negative external influences. A supportive and nurturing family environment equips children with the resilience to navigate societal pressures effectively (Cummings, Davies, & Campbell, 2000). Conversely, lacking familial warmth and security may predispose children to seek fulfillment and acceptance in potentially harmful external environments. Thus, the role of the family in cultivating and safeguarding adolescent mental health cannot be overstated, highlighting the need for comprehensive education and preventive measures to bolster the mental resilience of the youth.

4. Conclusion

The intricate relationship between psychiatry and the legal system necessitates a thorough understanding of psychiatrists' ethical, legal, and professional obligations when engaging in legal investigations. Through normative legal research, this study has illuminated the nuanced challenges and considerations inherent in this relationship, underscoring the delicate balance between upholding confidentiality and contributing valuable insights to legal processes. Additionally, the research casts a spotlight on the critical importance of mental health, particularly among adolescents, in the face of rapid societal and technological changes. The findings advocate for an enhanced focus on mental health education, aiming to equip individuals, families, and communities with the knowledge and tools necessary to navigate the complexities of mental well-being. Moreover, the study reaffirms the family's indispensable role in providing a supportive and understanding environment that nurtures children's emotional and psychological development. In conclusion, fostering mental health resilience among the youth demands a concerted effort across various sectors, including legal, educational, and familial, to create a society where mental well-being is recognized as an integral component of overall health.

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