



THE RELATIONSHIP OF TOXIC PARENTS TO CHILDREN'S MENTAL HEALTH AT THE KARANGAMPEL HEALTH CENTER 2022

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KEYWORDS

toxic parent, mental health, child.

ABSTRACT

Toxic parents do not treat their children well and do not respect them as individuals. This is often done by parents who have mental disorders or are addicts, they can commit various types of violence on children, and even the child's mental health can be disrupted. Toxic parents are also unwilling to apologize or compromise and are irresponsible. This study aimed to determine the relationship between poisonous parents and mental health in children working at Karangampel Public Health Center. The method used in this study is field research with a quantitative correlational approach; this study's design is cross-sectional. The population studied was those who met the inclusion criteria, with a total of 25 children in the Karangampel Health Center Work Area. The sampling technique used is to use total sampling. The Karangampel Community Health Center working area has moderately toxic parents with normal mental health, namely one child (4.0%) and abnormal mental health with the same number of 1 child (4.0%), and respondents who have highly toxic parents with normal mental health have 0 children (0.0%) while those with abnormal mental health are 15 children (60.0%), while respondents with very high toxic parents with normal mental health are 0 children (0.0%) and eight children (32.0%). The results of statistical tests using the chi-square method for toxic parents with mental health in children showed a P value of $0.003 < 0.05$. The study results show a relationship between toxic parents and mental health in children in the Karangampel Health Center Working Area in 2022.

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INTRODUCTION

Toxic parents do not treat their children well or respect them as individuals (Uddin et al., 2020). This is often done by parents who have mental disorders or are addicts, they can commit various types of violence on children, and even the child's mental health can be disrupted. Toxic parents are also unwilling to apologize or compromise and are irresponsible (Saskara & Ulio, 2020b).

Forward defines parents in dysfunctional families as "toxic parents." All parents are certainly understood as human beings; they can make mistakes and act unpleasantly toward their children. They, as parents, are sometimes angry, act harsh or controlling, and sometimes yell (Indrawati et al., 2014).

Most children can accept the treatment of their parents like that because of the love or affection and understanding they have for people they know. However, there are parents whose negative behaviour patterns are consistent and dominate in their children's lives. They harm their children, hurt them, and inflict physical and psychological injuries that traumatize them. These parents are called toxic parents (Indrawati et al., 2014).

According to WHO Director-General Dr Tedros Adhanom Ghebreyesus, in 2020, as many as 40,150 children aged 0 to 17 died from violence globally. A total of 28,160 boys and 11,190 were girls. Almost three out of four children, or about 300 million children, experience physical punishment or psychological violence from their parents or caregivers (bisnis.com, 2020).

The Indonesian Ministry of Women's Empowerment and Child Protection (Kemen PPPA) 2021 recorded 5,463 cases of violence against children. Age 0-5 years, as many as 665 cases; 6-12 years, as many as 1,676 points; and finally, ages 13-17 years, as many as 3,122 cases (Kompas.com, 2021).

According to data from the West Java Office of Women's Empowerment and Child Protection in 2017, the number of cases was 850. In 2018 there were 900 cases, and in 2019 there were more than 1000 recorded cases (Adminonline, 2020).

Based on data from the Office of Women's Empowerment and Child Protection, Indramayu Regency, until December 2021, there were 70 reported violent cases against children. Thirty-three cases were spread in several villages in Karangampel District, 15 in several towns in Indramayu District, and 22 in several villages in Anjatan District.

The impact of toxic parents on children is that children will have family trauma, their mental health will be disturbed, and they will make children more closed to anyone (Saskara & Ulio, 2020) (Moreno et al., 2021).

According to the World Health Organization (WHO), mental health is a condition of well-being that is consciously carried out by individuals, meaning that with self-awareness, individuals can process their stress levels or other disturbances that often occur in life, so as not to experience despair, so that in carrying out his life activities he remains productive and can be a person who plays a role in activities in his environment (Djayadin & Munastiwi, 2020).

Currently, more than 450 million people live with mental disorders or mental disorders, Indonesia being the country with the highest number of people with mental illnesses in Southeast Asia. In the 2017 Global Health Exchange survey, 27.3 million Indonesians experience cognitive problems. The highest psychiatric disorder is anxiety (anxiety disorder), with more than 8.4 million sufferers. In addition, about 6.6 million people experience depression, and 2.1 million people experience behavioural disorders (Djayadin & Munastiwi, 2020).

A nurse can act as a defender or advocate who can protect children so that they can help the police and the Indonesian Child Protection Commission (KPAI) to prevent the increasing number of cases of violence against children in Indonesia (antaranews, 2021).

Based on the results of interviews with five children in the Karangampel Health Center Working Area with toxic parents where parents often compare their children, scolding their children in front of many people. Children become quieter and not more confident, and they do not like to spend time playing with their peers.

In children. Therefore, this study aimed to determine the relationship between toxic parents and mental health in children in the Karangampel Community Health Center in 2022. This research is expected to be an input for all parents, especially in reducing violence against children and preventing mental health disorders.

METHOD

Quantitative research aims to examine a problem from a phenomenon, test theories, and look for generalizations that have predictive value (Humaira, 2020). This research is field research in which the researcher is directly involved in going down to the research site to get data. This research is classified as field research with a quantitative correlational approach. The population in this study were children who lived in the Karangampel Health Center working area, with a total of 25 children who experienced

toxic parents. The data research method in this study used the primary data collection method, where the researchers distributed questionnaire sheets to children in the Karangampel Health Center Work Area. The sampling technique used was total sampling.

RESULTS AND DISCUSSION

A. Distribution of Toxic Parent Frequency in the Work Area of Karangampel Health Center in 2022.

The frequency distribution of Toxic Parents and Mental Health in Children in the Karangampel Health Center Working Area in 2022 can be seen in table 1.

Table 1. Distribution of Toxic Parent Frequency in the Karangampel Health Center Working Area in 2022

| Toxic Parent | Frequency (n) | Percentage (%) |
|------------------------|---------------|----------------|
| Low Toxic Parent | 0 | 0% |
| Moderate Toxic Parent | 2 | 8% |
| High Toxic Parent | 15 | 60% |
| Very High Toxic Parent | 8 | 32% |
| Total | 25 | 100 |

Based on table 1, the research sample of 25 parents shows that the example with High Toxic Parents is 15 (60%), Very High Toxic Parent is 8 (32%), Moderate Toxic Parent is 2 (8%), and Low Toxic Parent is as much as 0 (0%).

B. Distribution of Mental Health Frequency in Children in the Work Area of Karangampel Health Center in 2022

Frequency distribution of Toxic Parents with Children's Mental Health in the Karangampel Health Center Working Area in 2022.

Table 2. Frequency Distribution of Children's Mental Health in the Karangampel Health Center Working Area in 2022

| Mental Health | Frequency (n) | Percentage (%) |
|---------------|---------------|----------------|
| Normal | 1 | 4% |
| Borderline | 0 | 0% |
| Abnormal | 24 | 96% |
| Total | 25 | 100 |

Based on table 2 shows that children in the Karangampel Community Health Center work area tend to experience abnormal mental health problems in as many as 24 children (96%). The frequency distribution of children's mental health was measured by the SDQ questionnaire consisting of 25 questions. The research sample, which consisted of 25 children, showed that the model with Normal mental health was 1 (4%), Borderline was 0 (0%), and Abnormal 24 (96%).

C. The Relationship between Toxic Parents and Mental Health in Children in the Work Area of the Karangampel Health Center in 2022.

The distribution of the relationship between toxic parents and mental health can be seen in the following table:

Table 3 Relationship of Toxic Parents with Mental Health in Children in the Karangampel Health Center Work Area in 2022.

| Toxic Parent | Mental health | | | | | | P value |
|------------------------|---------------|----------------|---------------|----------------|---------------|----------------|--------------|
| | Normal | | Abnormal | | Frequency (n) | Percentage (%) | |
| | Frequency (n) | Percentage (%) | Frequency (n) | Percentage (%) | | | |
| Moderate Toxic Parent | 1 | 4.0% | 1 | 4.0% | 2 | 8.0% | 0.003 |
| High Toxic Parent | 0 | 0.0% | 15 | 60.0% | 15 | 60.0% | |
| Very High Toxic Parent | 0 | 0.0% | 8 | 32.0% | 8 | 32.0% | |
| Total | 1 | | 24 | | 25 | 100% | |

Based on table 3, the respondents of children in the Karangampel Health Center Work Area who have moderately toxic parents with normal mental health are one child (4.0%) and abnormal mental health with the same number of 1 child (4.0%). Respondents with highly toxic parents with normal mental health are 0 children (0.0%). In contrast, those who have abnormal mental health are 15 children (60.0%), while respondents with very high toxic parents with normal mental health are 0 children (0.0%) and eight children (32.0%). The results of statistical tests using the chi-square method for toxic parents with mental health in children showed a P value of 0.003 <0.05. This indicates that H_0 (Nil hypothesis) is rejected and H_{an} (Alternative Hypothesis) is accepted, so it can be concluded that this shows a significant relationship between Toxic Parents and Mental Health in Children in the Karangampel Health Center Working Area in 2022.

This study has shown that the independent variable in the form of toxic parents has a significant relationship with the dependent variable, namely mental health in children in the work area of the Karangampel Health Center in 2022.

1. Toxic Parent Frequency

Toxic parent has a negative impact that significantly affects children's growth and development and mental health. Besides having a lack of self-confidence, children from victims of toxic parents will get used to blaming themselves. Of course, this behaviour will carry over until the child grows up and becomes a family later. Usually, the adverse effects of children with toxic parents are that they will grow up to become individuals with a terrible self-image, feel worthless, always feel alone without friends, and are constantly haunted by guilt, stress, irritability, and other mental disorders (Kristanto & Yunanto, 2016).

Because whatever is heard and seen by the child is a stimulus that will be processed and stored in his memory. For this reason, in communication with children, mothers and fathers must pay attention to the child's character to establish communication (Febriani et al., 2018) Parents must also provide concrete examples and avoid using words that are not worth hearing or attitudes from parents that are not worthy of being seen by children (Febriani et al., 2018).

According to the researcher, in this case, what must be done is that parents form communication by chatting with their children more often and listening to their children's stories. Father or mother should be able to make the time to gather and talk with family as a memorable time for the child, even if only for a few minutes a day. Parents need to understand that every child desires to be respected and has opinions that may differ from their parents.

2. Frequency of Children's Mental Health

Factors that cause mental health problems in children, namely the family environment, affect mental health in children; family factors include parenting patterns and children's attachment to

parents. Parenting practices significantly affect the child's sense of security. The existence of excessive regulations, freedom without legal restrictions, unrealistic demands, and communication patterns that are not based on the reasons why the message must be implemented. This significantly affects children's mental health (Haines, 2019).

According to researchers in child care, the mother's role as the central figure for child attachment, family is the first and most important factor in child development. The family environment will significantly affect children's mental health, namely the parenting pattern of parents and the family's condition. And further action will be followed by other factors such as the community environment, relationships with peers, and the school environment.

3. Frequency of Toxic Parents with Child Mental Health

In parenting, the role of the mother is the central figure for the child's attachment, and the family is the first and most important factor in the child's development (Ervika, 2005). The family environment will significantly affect children's mental health, namely the parenting pattern of parents and family conditions. And further developments will be followed by other factors, such as the community environment, relationships with peers, and the school environment (Khoiruddin, 2018).

According to the research conducted on 25 respondents who obtained the results, there is a relationship between toxic parents and mental health in children. This means that the relationship between children and their parents can support the formation of social competence and the existence of children in general and affect self-esteem, emotional maturity, and physical health.

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CONCLUSION

Based on the research data that the researcher has described, therefore it can be concluded that: 1) High-toxic parents with abnormal mental health are 15 (60%), very high-toxic parents with abnormal mental health are eight children (32%), and moderate toxic parent with normal mental health is one child (4%). Abnormal mental health is one child (4%). 2) The level of mental health in children with abnormal mental health is 24 children (96%) more dominant than normal mental health as many as one child (4%). 3) There is a relationship between toxic parents and mental health in children in the Karangampel Health Center Working Area in 2022, with a P value of 0.003.

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