

# تأثير النزاعات الأسرية على الصحة النفسية للأطفال

(دراسة حالة في منطقة ساكو، باليمبانغ)

مقالة علمية

مقدمة لقسم الأحوال الشخصية بكلية الإمام الشافعي للدراسات الإسلامية

لاستيفاء شروط التخرج ونيل الدرجة الجامعية (S.H)



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الرقم الجامعي: ٢٠٢٠,٠٣,١٣٧٨

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# **Pengaruh Konflik Rumah Tangga Terhadap Kesehatan Mental pada Anak (Studi Kasus di Kecamatan Sako, Palembang)**

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إلى يوم الدين. والحمد لله رب العالمين.

جمبر، ٢٢ يوليو ٢٠٢٤ م

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عارف حسن الخلق الماجستير

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موافقة المشرف  
(PERSETUJUAN PEMBIMBING)

إلى رئيس قسم الأحوال الشخصية بكلية الإمام الشافعي للدراسات الإسلامية

السلام عليكم ورحمة الله وبركاته

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المشرف

وينيغ سون أزهرى الماجستير

الرقم التوظيفي: ٢١٠٨٠٦٩٣٠٣

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(PERSETUJUAN DEWAN PENGUJI)

تم اختبار مقالة علمية:

عنوان المقالة : تأثير النزاعات الأسرية على الصحة النفسية للأطفال

(دراسة حالة في منطقة ساكو، باليمبانغ)

الاسم : همام

الرقم الجامعي : ٢٠٢٠,٠٣,١٣٧٨

القسم : الأحوال الشخصية

من قبل لجنة الاختبار المكونة من:

()

المشرف : وينغ سون أزهرى الماجستير

ممثل القسم : عارف حسن الخلق الماجستير

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(A-)

الملخص  
(ABSTRAK)

هام, ٢٠٢٤ م. " تأثير النزاعات الأسرية على الصحة النفسية للأطفال  
(دراسة حالة في منطقة ساكو، باليمبانغ)"

تسلط هذه الدراسة الضوء على أهمية فهم تأثير النزاعات الأسرية على الصحة النفسية للأطفال. تُعتبر النزاعات الأسرية مصدرًا رئيسيًا للعديد من المشاكل النفسية التي يمكن أن يعاني منها الأطفال، بما في ذلك القلق والاكتئاب والسلوك العدواني والانسحاب الاجتماعي. تحدث هذه النزاعات في العديد من المجالات، مثل العلاقات الزوجية، العلاقات الأسرية، بين الأطفال وآبائهم، وبين الأشقاء. تحدث النزاعات الأسرية نتيجة لمجموعة متنوعة من الأسباب الرئيسية، بما في ذلك: (١) ضعف التواصل الفعال، (٢) اختلاف القيم والآراء، (٣) المشاكل المالية، (٤) الأدوار والمسؤوليات، (٥) المشاكل الشخصية، (٦) الأزمات الأسرية، (٧) ضغوط الحياة. يمكن أن تؤدي هذه النزاعات إلى شعور الأطفال بالعزلة وعدم تلقي الدعم العاطفي الكافي، مما قد يزيد من حدة مشاكلهم النفسية مثل الاكتئاب. تُظهر المقابلات التي أُجريت أن العديد من الأطفال الذين تأثروا بالنزاعات الأسرية يظهرون سلوكيات عدوانية، أو يصبحون أكثر غضبًا، أو ينسحبون من حياتهم الاجتماعية.

الهدف من هذه الدراسة هو معرفة كيف تؤثر النزاعات بين الوالدين على الصحة النفسية للأطفال، وأيضًا فهم التأثيرات المحددة لهذه النزاعات على الصحة النفسية للأطفال.



تم إجراء هذه الدراسة باستخدام منهجية المقابلات مع المشاركين الذين تم تحديدهم مسبقًا. استخدم الباحث في هذه الدراسة نهجًا نوعيًا لتحليل البيانات بالإضافة إلى ذلك، تم استخدام تقنيات جمع البيانات الأخرى مثل الملاحظة والتوثيق. توصلت الدراسة إلى أن الأطفال الذين ينشأون في عائلات تعاني من نزاعات كثيرة يميلون إلى امتلاك مهارات اجتماعية وتطور عاطفي وقدرة على التكيف أقل من أقرانهم في نفس العمر.

يمكن أن يؤدي هذا إلى تطور اضطرابات القلق، وانخفاض احترام الذات، وعدم القدرة على التفاعل الاجتماعي، ومشاعر الإنكار. تؤكد هذه الدراسة على أهمية التواصل الفعال والدعم العاطفي داخل الأسرة للحد من الآثار السلبية للنزاعات الأسرية على الأطفال. تحتاج العائلات إلى التركيز على تحسين طرق التواصل وتقديم الدعم العاطفي المناسب للأطفال لتعزيز صحتهم النفسية وتطوير مهاراتهم الاجتماعية والعاطفية.

## كلمة الشكر و التقديم

الحمد لله رب العالمين، والصلاة والسلام على أشرف الأنبياء والمرسلين نبينا محمد وعلى آله وأصحابه ومن تبعهم بإحسان إلى يوم الدين، أما بعد: فبعد أن شكر الله على عونه وتوفيقه لإنجاز هذا البحث، يتقدم الباحث بالشكر والتقدير الجميع من قد بذل جهده وأبدى رأيه وساعد في إنجاز هذا البحث.

ثم يخصص الشكر :

١. لوالديه الكريمين على تشجيعهما ونصائحهما ودعواتهما الصالحة التي لا يكاد يخلو منها لسانهما لأولاده بالنجاح في الدنيا والآخرة، حفظهما الله.

٢. لرئيس كلية الإمام الشافعي للدراسات الإسلامية بجمير الأستاذ الدكتور محمد عارفين بدري حفظه الله.

٣. لفضيلة الأستاذ عارف حسن الخلق الماجستير رئيس قسم الأحوال الشخصية في كلية الإمام الشافعي للدراسات الإسلامية بجمير على تمام إشرافه وما بذله من جهد وطاقة، وما أعطاه من أوقاته مع شغله ببعض الواجبات، حفظه الله.

٤. للأستاذ المشرف في كتابة هذا البحث وهو الأستاذ وينغ سون أزهري الماجستير حفظه الله على ما قدمه من نصائح وإرشادات وتوجيهات وتدقيق وتصحيح الأخطاء في كتابة هذا البحث.

٥. لجميع أساتذة الكلية على ما بذلوه من الجهود في تربية الطلاب وتعليمهم وفق المنهج النبوي وزملاء طلاب كلية الإمام الشافعي على تعاونهم بالتشجيع فيما بينهم على إنجاز بحوثهم. ومن له يد في إنجاز هذا البحث على خير صورة وأحسنها.

جرائم الله خيرا وبارك الله فيهم، ويسأل الله تعالى أن يجعله وإياهم من أهل جنته  
أن ينعم عليهم لذة النظر إلى وجهه الكريم، إنه سميع قريب مجيب الدعوات وقاضي  
الحاجات .

## The Effect of Household Conflict on Mental Health in Children (Case Study in Sako District, Palembang)

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### ABSTRACT

Conflict is a problem, a dispute that occurs between one individual and another. Conflict itself occurs in many issues, such as households, families, children and parents, siblings and so on. Domestic life inevitably requires a change in lifestyle, adjusting to the demands of responsibility, understanding the characteristics of new people around them, and establishing good relationships between spouses. The main causes of domestic conflict include: (1) Ineffective Communication, (2) Different Values and Views, (3) Financial Issues, (4) Roles and Responsibilities, (5) Interpersonal Issues, (6) Family Crisis, (7) Life Stress. Children affected by their parents' domestic conflict can experience a range of serious mental health problems. Household conflict can make them feel isolated and lack emotional support, which can worsen their depression. Based on interviews that have been conducted most of those affected or affected by domestic conflict in their parents will become more aggressive, prone to tantrums, or withdraw from their social environment. The purpose of this study is to determine how parental conflict affects children's mental health. As well as the impact that occurs on mental health in children due to parental household conflict. This research was conducted using the interview method with informants who have been determined. In this study, researchers used a qualitative approach to analyze the data. In addition, other data collection techniques used in this study are observation, and documentation. The conclusion in this study is that children who are raised in families that experience a lot of conflict tend to have lower social skills, emotional development, and adaptability than children their age. The result can develop into anxiety disorders, low self-esteem, inability to interact, and denial.

**Keywords:** Influence, Conflict, Household, Mental Health.

### ABSTRAK

Konflik merupakan permasalahan, perselisihan yang terjadi antara satu individu dengan individu lain. Konflik sendiri terjadi di banyak persoalan, seperti rumah tangga, keluarga, anak dan orang tua, saudara kandung dan sebagainya. Kehidupan rumah tangga pasti menuntut adanya perubahan gaya hidup, penyesuaian diri terhadap tuntutan tanggung jawab, memahami karakteristik orang baru disekitarnya, serta menjalin hubungan baik antar pasangan. Penyebab utama konflik rumah tangga meliputi: (1) Komunikasi yang Kurang Efektif, (2) Perbedaan Nilai dan Pandangan, (3) Masalah Keuangan, (4) Peran dan Tanggung Jawab, (5) Masalah Interpersonal, (6) Krisis Keluarga, (7) Stres Hidup. Anak-anak yang terdampak konflik rumah tangga orangtuanya dapat mengalami berbagai masalah kesehatan mental yang serius. Konflik rumah tangga dapat membuat mereka merasa terisolasi dan tidak memiliki dukungan emosional yang cukup, yang dapat memperburuk kondisi depresi mereka. Berdasarkan

wawancara yang telah dilakukan kebanyakan dari mereka yang terdampak atau terpengaruh oleh konflik rumah tangga pada orang tua nya akan menjadi lebih agresif, mudah mengamuk, atau menarik diri dari lingkungan sosial mereka. Tujuan dari penelitian ini adalah untuk mengetahui bagaimana pengaruh konflik orang tua bagi kesehatan mental anak. Serta dampak yang terjadi terhadap kesehatan mental pada anak akibat konflik rumah tangga orang tua. Penelitian ini dilakukan dengan menggunakan metode wawancara bersama informan yang telah di tentukan. Pada penelitian ini peneliti menggunakan pendekatan kualitatif untuk menganalisis data. Selain itu teknik pengumpulan data lainnya yang digunakan dalam penelitian ini adalah observasi, dan dokumentasi. Kesimpulan dalam penelitian ini anak-anak yang dibesarkan dalam keluarga yang banyak mengalami konflik cenderung memiliki keterampilan sosial, perkembangan emosional, dan kemampuan beradaptasi yang lebih rendah daripada anak seusia mereka. Akibatnya bisa berkembang menjadi gangguan kecemasan, rendah diri, ketidakmampuan berinteraksi, dan *denial*.

**Kata Kunci:** Pengaruh, Konflik, Rumah tangga, Kesehatan Mental.

## INTRODUCTION

Islam teaches the importance of mutual understanding, fulfilling rights, and justice between spouses. How married couples handle conflicts and fulfill their rights and responsibilities can be influenced by their own concepts of justice and accountability in marriage. Islam instructs every member of the family to complement, respect, and take responsibility for one another.

Conflicts are inevitable in any relationship, but they vary widely in nature. Conflict can arise from various sources such as sibling rivalry, family disputes, workplace issues, or marital discord. According to Gussevi, S. (2020), conflict is a problem that can lead to arguments, disputes, or clashes between parties. Similarly, Effendi (2020) defines conflict as an issue or disagreement that arises between individuals. Conflict is an unavoidable phenomenon in social interactions within a community. It manifests in various forms, including within households, families, between parents and children, and among siblings.

Domestic life necessitates lifestyle changes, adaptation to responsibilities, understanding the characteristics of new individuals, and fostering positive relationships between partners. Inability of married couples to meet their responsibilities often leads to disputes or conflicts within the household. One prevalent type of conflict in society is marital discord. Marital conflicts have significant and complex impacts on household harmony, affecting individuals, families, and sometimes the broader community. One of the primary effects is on the emotional and mental well-being of family members.

In the Quran, disputes are addressed, as in Surah Al-Nisa, verse 35:

وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِنْ أَهْلِهِ وَحَكَمًا مِنْ أَهْلِهَا إِنْ يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا إِنَّ اللَّهَ كَانَ عَلِيمًا  
خَبِيرًا

"And if you fear dissension between the two, send an arbitrator from his people and an arbitrator from her people. If they both desire reconciliation, Allah will cause it between them. Indeed, Allah is ever Knowing and Acquainted." (Quran, Surah An-Nisa, verse 35)

Based on the above verse, it addresses the common occurrence of disputes between spouses and how they resolve them. It can be concluded that Allah also mentions marital conflicts and their resolution in the Quran. Disputes between spouses can arise due to unfulfilled rights and responsibilities. Consequently, neglecting these obligations, whether unintentionally or deliberately, can lead to disagreements or quarrels between husband and wife.

In the district of Sako, Palembang, marital conflicts are most frequently attributed to factors such as poor communication, lack of responsibility for respective roles, economic factors, and domestic violence. Consequently, each instance of marital conflict in Sako often affects the mental health of their children.

Marital conflicts can result in reduced marital satisfaction, increased likelihood of divorce, and diminished quality of life for the couple. Children involved in marital conflict may experience negative effects such as behavioral issues, learning difficulties, and mental health problems. Parental disagreement can create an unsafe and unstable environment for children. The social and emotional development of children can be influenced by inconsistent parenting within conflicted families.

The frequent occurrence of marital conflicts witnessed directly by children can significantly disrupt their mental health or emotional well-being. According to Sania Nurjannah (2018), marital discord or disharmony within a family can adversely impact adolescent development and even affect their mental health, leading to reduced motivation for learning as some teenagers may perceive education as less important. Often, parents fail to manage their emotions, thereby involving their children in their conflicts. Moreover, many parents neglect to address the trauma their children experience following such conflicts.

Mental health is defined as the awareness of one's abilities, the ability to cope with normal life stresses, the capacity to work productively, and the ability to contribute to one's community (Dewa Ayu Putri Sukadana, 2023). Good mental health in children can positively impact various aspects of their lives, including academic performance, social relationships, and their ability to navigate life challenges. Children with good mental health tend to manage stress more effectively, solve problems, and interact positively with others. This helps them develop strong social skills and lays a solid foundation for psychological well-being in adulthood.

In Surah Al-Isra verse 76 explains that;

"And indeed, they will almost make you (Muhammad) anxious in the land of Mecca because you have to leave that country, and if that happens, surely after you leave they will not stay (there), but only for a short time."

Here is the translation of the provided text into good academic English:

The above verse illustrates how the Prophet Muhammad and the Muslim community faced significant pressures. In this context, pressure can be interpreted today as experiencing fear or anxiety, which in psychological terms refers to a feeling of apprehension, typically about facing new situations or perceived threats. Moreover, in modern times, fear is often associated with mental health.

A supportive family environment, schools that understand children's psychological needs, and positive social support are crucial factors in maintaining children's mental health. This includes allowing space for emotional expression, providing support when children face challenges, and adopting a holistic educational approach that encompasses mental health aspects. Therefore, both society and educational institutions have a responsibility to prioritize children's mental health alongside parents. By creating environments conducive to positive psychological

growth, we can help children reach their full potential and foster mentally resilient generations.

Children raised in harmonious environments with parents who have positive relationships tend to have better mental health. They usually experience emotional security and stability, as they are accustomed to positive relationship patterns between their parents. This can create a solid foundation for children's mental health. On the other hand, children raised in environments where parents frequently experience conflict may suffer negative impacts on their mental health. As Nailin Ni'mah (2018) points out, family conditions such as disharmonious marital relationships, divorce, dysfunctional families, parenting issues, and intense conflicts often trigger deviant behavior and mental health problems in children. Thus, conflict can create uncertainty, anxiety, and insecurity. Children may feel trapped in their parents' conflicts or bear emotional burdens from such disputes.

Furthermore, a conflict-ridden family environment can also affect children's thought patterns and behaviors. They may develop unhealthy coping strategies or struggle to manage their emotions effectively. This can impact their social relationships, academic performance, and overall well-being in the community of Sako, Palembang. It is crucial to remember that each child is an individual, and the mental health impacts of family environments may vary. However, generally, a harmonious environment and positive parental support provide a better foundation for children's mental health. Efforts to build healthy relationships and resolve conflicts constructively can positively impact children's well-being.

In the reality of Sako, Palembang, there is often a lack of awareness among parents that every conflict in their marital life can significantly affect their children's mental health later on. This finding emerged from interviews conducted during the research. This study was conducted in one of the districts of Palembang city. Palembang comprises 18 districts and 107 sub-districts, along with 236 districts, 386 sub-districts, and 2,764 villages in South Sumatra. As of 2023, the population is 1,570,409 people, covering an area of 369.22 km<sup>2</sup>, with a population density of 4,250,889 people/km<sup>2</sup>. One of the districts in Palembang is the Sako district, which consists of four sub-districts: Sako, Sako Baru, Sialang, and Sukamaju. Geographically, Sako district is located within Palembang city, covering an area of 16.76 km<sup>2</sup>. According to the 2022 Population Data, Sako district has a population of 114,221 people, comprising 56,820 males and 57,401 females. The male-to-female sex ratio in 2022 was 98.98%, indicating a slightly higher female population. The population density in Sako district in 2022 reached 6,851 people/km<sup>2</sup>. Population density in Sako district varies widely, with the highest density in Sialang sub-district at 19,588 people/km<sup>2</sup> and the lowest in Sako Baru sub-district at 4,236 people/km<sup>2</sup>.

Involving children in decisions that affect them can provide a sense of control and positive participation in their lives. Monitoring signs of stress or anxiety in children is also crucial so that parents can respond promptly if professional help is needed. Maintaining parents' own mental health is also crucial. Allocating time for oneself, talking to friends or mental health professionals, and finding ways to manage stress can help parents better support their children in facing marital conflicts.

Open communication between parents and children during household or family issues is crucial. It is also important not to involve children in matters they do not yet understand. Early mental health care for children is essential and needs special attention. Ensuring a future free from traumatic experiences is crucial for children.

In Sako district, Palembang, children affected by parental marital conflicts are prone to becoming withdrawn, melancholic, lacking in self-confidence, and experiencing declining academic performance. Therefore, parental responsibility is crucial in protecting children's mental health, especially during marital conflicts.

Thus, safeguarding children's mental health in Sako district, Palembang, can also help prevent potential mental health problems in the future. Strong support and understanding of children's feelings and emotions help them cope with stress from an early age, prevent mental disorders, and enhance mental resilience.

This research sheds light on the conflict conditions prevalent in the community of Sako, Palembang, and explores the impact on the mental health of children involved in their parents' marital conflicts. The importance of safeguarding children's mental health is paramount for parents in Sako, Palembang.

## **METHODS**

The focus of this research is to analyze and provide an explanation of how marital conflicts impact the mental health of children in their families. This study adopts a qualitative method. According to Zed (cited in Rahayu, 2020), qualitative descriptive research involves a series of actions that analyze social events, phenomena, or conditions. Ibn (cited in Arifudin, 2018) defines qualitative research as a type where data is conveyed orally and analyzed without statistical methods. Bahri (2021) emphasizes that data collection techniques are the most strategic step in research because the goal is to obtain data. In this study, the researcher must possess the ability to observe social phenomena directly in the field and gather questions to be posed to informants.

Data for this research was gathered through interviews with participants, following predetermined guidelines for research data. Subsequently, the researcher summarized this data to determine the research focus. The findings were then elaborated in narrative form, with conclusions drawn based on the research findings. As part of this qualitative research approach, the study also utilized data from documentation and informant testimonies. The research focuses on gaining in-depth understanding of a phenomenon that commonly occurs in society and delves into the perspectives and experiences of individuals during interviews and case studies.

## **RESULTS AND DISCUSSION**

Marital life often brings about challenges. Every couple desires a comfortable and loving marital life without issues. However, achieving this ideal state is often rare or even impossible. Occasional disagreements, occurring once or twice, are considered normal. Nevertheless, marital conflicts cease to be normal when they become frequent and lead to excessive problems.

### **Description of Household Conflict in Sako District Communities**

Conflict is a problem, a dispute that arises between individuals. Conflict cannot be separated from the life of a society because it is a phenomenon that cannot be eliminated in social interactions (Effendi, 2020). Conflict occurs in many issues, such as marital relationships, family dynamics, parent-child relationships, sibling relationships, and others. Marital life demands lifestyle changes, adaptation to responsibilities, understanding the characteristics of new family members, and fostering good relationships between partners. The inability of spouses to meet responsibilities often leads to disputes or conflicts within the marriage.



Several factors commonly contribute to marital conflict in the Sako District community, Palembang. Marital conflicts can arise from complex factors involving differences in values, perspectives on life, and expectations among family members. The primary causes of marital conflict include: (1) Ineffective Communication: Poor or ineffective communication among family members is a major cause of conflict. Misunderstanding or misinterpretation of messages can trigger tension and disagreement. (2) Differences in Values and Perspectives: Conflict often arises due to differences in values, beliefs, or life perspectives among family members. For example, cultural, religious, or approaches to specific aspects of life can lead to disagreements. (3) Financial Issues: Financial imbalance within the household can create stress and conflict. Disputes over spending, financial management, or dissatisfaction with living standards can trigger conflict. (4) Roles and Responsibilities: Unclear or unequal division of roles and responsibilities among spouses or family members can lead to dissatisfaction and conflict. Differences in expectations regarding household chores or parenting roles are examples. (5) Interpersonal Issues: Interpersonal problems such as jealousy, feeling unappreciated, or sibling conflicts can affect marital dynamics. This can result from lack of empathy or attention to the needs and feelings of each family member. (6) Family Crisis: Traumatic events or crises in family life, such as divorce, death, or health problems, can create additional pressure and trigger conflict. (7) Life Stressors: External stress factors such as work pressure, health issues, or environmental problems can spill over into the household and cause conflict.

Continuous conflict can lead to stress, anxiety, depression, and even domestic violence. Moreover, marital conflicts can impact the family's economic well-being. For example, if conflict leads to divorce, it can result in asset separation and loss of income sources, potentially exacerbating poverty and increasing social decline for the involved family. Indirectly, marital conflict can also affect the surrounding community. For instance, family conflicts can create tension among neighbors and within the local community, affecting social relationships and cooperation among individuals in that environment.

To mitigate the impact of marital conflict in the Sako District community, Palembang, a comprehensive approach is necessary. This includes education on communication skills and conflict resolution for couples, social support for families experiencing conflict, access to mental health services, and economic empowerment programs for women to achieve financial independence. Additionally, it is important to have institutions or organizations that can provide assistance, counseling, and protection for victims of domestic violence. Despite its detrimental effects, marital conflict can also serve as an opportunity for progress and transformation if addressed constructively. Efforts to understand each family member's perspective, communicate effectively, and seek solutions together can help strengthen relationships and foster family closeness.

According to informant Riska, a teacher with a child, "Marital conflict is a situation where spouses are experiencing problems in their marriage, resulting in less harmonious family life." Marital conflicts often become recurring issues, ranging from minor to major problems. The influence of marital conflict has multiple causes and impacts, such as economic issues, child-rearing, and attention. As Anggi Dian Savendra (2019) pointed out, marital disagreements are triggered by low economic conditions and unstable egos. Riska, a teacher, stated, "Common consequences of marital conflict include frequent disputes, small issues escalating, differing opinions, and financial

problems." Echoing this sentiment, Ririn, also a teacher, noted that "Factors influencing marital conflict include financial economics, communication, and attention."

Every conflict that arises must be addressed and it is important to find the best way out. Discussion and openness to each other are key to easing tensions and finding effective solutions. Communication is crucial when marital conflict occurs, listening to each complaint and problem that may be hidden by each couple. Problem resolution or conflict in marriage is important to do together, so that the conflict can find the best answer and maintain the integrity of the marriage. Some examples of how to resolve conflict in marriage include open communication, asking for opinions from one of the two parties, not prioritizing ego. Mediation in the family plays a key role in alleviating marital conflict. This is consistent with the statements of informant Muhammad Junaidi, a teacher, "I agree that family members play a mediating role in marital conflict, as they greatly help couples receive advice from both sides of the family and find the best solutions or ways out also become positive impacts. Before ultimately there is a divorce that is certainly not wanted." In connection with the statement of Wahyu Asikin, who works as an entrepreneur, "Finding a mediator in the mediation process is very necessary to resolve marital conflict." Therefore, the presence of a mediator in marital conflict plays a crucial role in maintaining the integrity of the marriage.

### **Children's Mental Health Conditions Due to Domestic Conflict in the Sako District Community**

Children affected by their parents' marital conflicts in Sako District, Palembang, may experience various serious mental health issues. Marital conflicts can create an unstable and toxic environment for children's development, which in turn can negatively impact their mental health. Firstly, children may experience chronic stress and anxiety due to exposure to ongoing arguments and tension between their parents. They may feel unsafe and unstable in their own homes, leading to increased levels of anxiety and fear. Additionally, children may face emotional problems such as depression. They may feel sad, hopeless, and lose interest in activities they typically enjoy. Marital conflicts can make them feel isolated and lacking sufficient emotional support, further exacerbating their depressive conditions.

Children are young individuals who are still in their developmental stages. In all aspects of life, parents are responsible for their children. Parents have a crucial responsibility to nurture, educate, and be accountable for their children. Therefore, every positive development experienced by children will have a positive impact on their future. Conversely, negative parental behavior witnessed during their formative years can have detrimental effects on their future. When children are treated well, they develop a sense of emotional security and protection. Conversely, negative or threatening treatment can induce fear and stress in children, which can adversely affect their mental health (Aprilia Nurri Damayanti).

According to Restu, a homemaker, "mental health is a state of mind, psyche, and psychology in children closely related to how they express emotions and socialize within the family and their surrounding environment." This aligns with what Riska, also a homemaker and teacher, states: "Mental health is a state where children can express their potential or talents and manage their emotions while socializing with their environment." Dewa Ayu Putri Sukadana (2023) defines mental health as a condition where individuals exhibit visible well-being, are aware of their own potential, can cope with normal life pressures in various situations, work productively, generate income, and contribute to their community. Based on this understanding, it is crucial to

safeguard children's mental health, especially when they witness disputes between their parents at home. As a result, parents must remain vigilant during conflicts, as these can affect children's mental health and make them challenging individuals. Mental health is critical in aiding children's growth. Children with good mental health will influence and impact their lives. Mental health is a state where individuals are aware of their abilities, cope with normal life pressures, work productively, and contribute to their environment (WHO, 2022).

### **The Effect of Domestic Conflict on Children's Mental Health in Sako District**

Children's behavior can also be influenced by marital conflicts. Based on interviews conducted, most of those impacted or affected by their parents' marital conflicts tend to become more aggressive, prone to outbursts, or withdraw from their social environment. Some children in Sako District seek solace in destructive behaviors such as drug or alcohol use, especially if they lack adequate support from parents or their surroundings. Poor mental health conditions in children can seriously impact their academic performance. Children in the district have been found to struggle with concentration in school, exhibit behavioral problems, and ultimately experience a decline in their academic outcomes. This can create a negative cycle where mental health issues lead to academic decline, which in turn can increase stress and anxiety among children.

Furthermore, marital conflicts can also affect children's interpersonal relationships. They may face difficulties in building healthy and stable relationships with their peers as they may find it challenging to trust and open up to others. To address these mental health issues, it is crucial for affected children to receive adequate support from trustworthy adults such as teachers, school counselors, or other family members. Therapeutic interventions can also help children learn to manage stress, cope with anxiety, and strengthen their social skills. Additionally, it is important for parents to strive to resolve their conflicts in a healthy and peaceful manner, providing a safe and stable environment for their children.

### **The Impact That Occurs on Children Involved in Domestic Conflict**

The impact on children caused by their parents' marital conflicts, especially in the Sako District community, has significant and lasting negative consequences for children, including:

1. **Mental Health Disorders**

Children are at risk of developing mental health disorders such as anxiety, depression, or behavioral disorders due to prolonged conflict. As stated by informant Al Fajria Gusdila, a teacher, "The impact of children's mental health due to marital conflicts includes triggering adjustment disorders in children, leading to anxiety and depression, and can change a child's extroverted nature into introverted." This sentiment is echoed by Wahyu, "Marital conflicts significantly affect children's mental health. Negative impacts include children experiencing stress, becoming aggressive, tending to be withdrawn, or even deviating in their social interactions as a form of escape or release." Therefore, parental caregiving patterns are crucial in shaping a child's character, especially if initiated from an early age (Rianti, Ahmad Dahlan, 2022).

2. **Social Problems:**

Children who frequently experience marital conflicts may face difficulties in interacting and building healthy social relationships. Consequently, they may become withdrawn, quiet, and find it challenging to trust others. As explained by informant

Riska, "The impact of marital conflicts on children's health includes decreased confidence and mental disturbance." This sentiment is shared by Ririn, a homemaker, "The resulting impact is that children become difficult to control, easily angered, and lack confidence." Parenting styles encompass all forms and processes of interaction between parents and children, which can significantly influence a child's personality development (Rianti, Ahmad Dahlan, 2022).

### 3. Academic Achievement:

Conflicts can divert children's attention from their academic achievements, affecting their focus and motivation to learn. Children may become lazy and even reluctant to attend school.

Children's mental health problems can be indicated by the dysfunction of family and the quality of their parents' marriage. This is because children are the primary observers of family communication. They are highly sensitive to these interactions when they are in a loving environment or the opposite. The above examples should not be taken lightly by parents; children should be informed of their parents' caregiving patterns and their openness to the difficulties they face. Parental behavior can be described as toxic when this caregiving pattern is repeated, leading to habits that negatively impact a child's future life (O. Oktariani, 2021).

Therefore, as parents, they must learn how to handle conflicts more wisely. Even if parents are in trouble, it is important to ensure that children remain emotionally safe at home. Therefore, parents must avoid conflict in front of their children. They must also explain that it is not their fault if seen by their children. Parents are role models for children. Permissive parenting is characterized by a lack of rules or guidance from parents, which can lead children to have a lot of freedom to behave as they wish without adhering to societal norms (Sonia and Apsari, 2020). Good parenting will affect children's characters and mental health. Good communication is very important for children as they grow up. One thing that needs to be done and practiced by parents is to communicate well and understand their children with love. Children need good interaction with their parents who are in trouble.

Therefore, it is very important for parents to communicate with their children, as this allows parents to know what their children are feeling. However, to explain the reasons for marital conflicts, children only need to say general things about what their parents have experienced. This is consistent with Dian's statement, a homemaker, "The best solution for children is through open communication explaining why the conflict occurred and explaining that conflict can happen to anyone and how to deal with conflict with a religious and family approach." Consistent with Laila's statement, a homemaker, "because with communication we can share with the conflict that occurred in the context of the child's knowledge. Through communication with children indirectly, children feel important and proud because they are invited to communicate." Parents openly and lovingly, and they treat children with respect, talk to them and listen with full attention so that children's mental health is guaranteed (Latifah, 2020).

## CONCLUSIONS

Based on the issues examined in this study, which focuses on the influence of marital conflicts on children's mental health in Sako District, Palembang, it is evident that children's mental health is significantly affected by conflicts within their parents. Children often remain silent as they are unable to express their suppressed feelings. They may experience long-term negative effects from ongoing conflicts, typically manifesting in their teenage or adult years. Furthermore, it is concerning that children

facing such issues often have parents who are less aware of their own faults, instead blaming and demanding from their children. Children raised in families experiencing frequent conflict tend to exhibit lower social skills, emotional development, and adaptive abilities compared to their peers. Consequently, this situation may lead to anxiety disorders, low self-esteem, difficulties in interpersonal interactions, and denial. Children exposed to such conflicts are vulnerable to experiencing stress, anxiety, depression, and behavioral problems. These issues can negatively impact academic performance and children's interpersonal relationships. It is crucial for parents to understand the importance of managing marital conflicts wisely. They should ensure their children's emotional safety and strive to avoid conflicts in their presence. Effective communication between parents and children is also vital for maintaining children's mental health. Awareness of the impacts of marital conflicts underscores the importance for individuals and communities to take necessary steps to prevent, address, and support families experiencing such conflicts.

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