



## Effective Communication in Building Relationships Between Parents and Children

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**Abstract:** Effective communication between parents and children plays an important role in the establishment of healthy and close relationships within the family. This article examines the importance of open communication and understanding in overcoming the various challenges parents face in raising children. We highlight communication strategies that can help parents build strong emotional connections with their children, including methods of attentive listening, responding positively, and overcoming common communication barriers. By understanding and applying these principles of effective communication, parents can create a supportive environment for their children's development and foster harmonious family relationships.

**Keywords:** *Communication, Parents, Children*

**Abstrak:** Komunikasi yang efektif antara orang tua dan anak berperan penting dalam terjalinnya hubungan yang sehat dan erat dalam keluarga. Artikel ini mengkaji pentingnya komunikasi terbuka dan pemahaman dalam mengatasi berbagai tantangan yang dihadapi orang tua dalam membesarkan anak. Kami menyoroti strategi komunikasi yang dapat membantu orang tua membangun hubungan emosional yang kuat dengan anak-anak mereka, termasuk metode mendengarkan dengan penuh perhatian, merespons secara positif, dan mengatasi hambatan komunikasi yang umum. Dengan memahami dan menerapkan prinsip-prinsip komunikasi efektif ini, orang tua dapat menciptakan lingkungan yang mendukung tumbuh kembang anak dan mempererat hubungan keluarga yang harmonis.

**Kata kunci:** *Komunikasi, Orang Tua, Anak-Anak*

## INTRODUCTION

The family is the smallest social unit in society (Ubaidillah, 2018) But it has a very big role in society, the state, and religion. The big role in question is that when the family carries out its rights and obligations properly, the people who grow up will be of high quality, but if the opposite happens, it is not impossible to produce problematic generations in the midst of society. That is why the family is the main place to foster good life values for children. (Maros & Juniar, 2016) and as a determinant of the future (Meti & Nurhidayah, 2018).

The family is a place for children to start their lives and get teaching about values, morals, and religion. (Ariani, 2021). In this case, parents must be able to create a good atmosphere so that children's development can be maximized and directed. (Mustafa, 2005). A harmonious family can help create an environment that supports child development. This will be realized if communication is well established between children and parents (Jatmikowati, 2018). (Jatmikowati, 2018).

It is important for parents to communicate with their children to control, monitor, interact and provide support. Providing supervisory control and support from parents can be felt by children both positively and negatively depending on how

parents convey information through communication. Therefore, there are many intervention programs that aim to develop parenting effectiveness focusing on improving communication skills (Lestari, 2012).

Communication between parents and children can be done in two ways, namely one-way and two-way communication. First, through one-way communication, parents can convey meaningful messages to their children. However, it is important to remember that these messages should be universal and non-judgmental. This is followed by two-way communication with an understanding of doing things together for both parties; parents and children can communicate thoughts, feelings, information or advice to each other, thus creating enjoyment that influences a positive attitude in the relationship. Parents, not only give advice or orders but provide opportunities for children to express their opinions. (Salim et al., 2022).

## RESEARCH METHODS

The method used in this article is *library research*. This method is carried out by collecting, compiling information from reading sources in accordance with the topic of discussion. The topic reviewed and analyzed in this article is communication in

building relationships between parents and children.

## **DISCUSSION**

Communication is one of the most basic activities in human life. Where two or more people form or exchange information together and create a deep mutual understanding. Communication does not only mean exchanging thoughts but an expression of meaning that covers a wider scope. This means a process of delivering messages where individuals attempt to change the opinions or behavior of message recipients (Sari et al., 2018). Through communication, humans can break deadlocks and solve problems that arise (Herda, 2021). Thus, good communication is the foundation for families in solving a problem and avoiding misunderstandings that cause conflict.

### **A. The Role of Parents in Building Communication**

Good communication is effective communication (Dwima, M. J. A, 2019). effective communication is an action or activity that aims to maintain the desired relationship, it involves strategic behavior and often includes direct communication and indirect communication. Both children and parents tend to feel that direct communication is better than communication

that is done remotely (Viola, K & Wijayani, I 2021).

Effective communication between parents and children can help them make bold decisions. From an early age, children need opportunities to participate in holistic decision-making, choices and actions. Children have the opportunity to make suggestions, learn to listen to others and take responsibility for what they do. Communication between parents and children can be said to be effective if both have a close relationship, love each other, understand each other and are open so that communication between the two is pleasant.

In shaping effective communication, there are 5 things that must be considered (Iyoq, 2017) namely:

1. Openness

Self-openness is a person providing information about himself to others, such as how he behaves, behaves, how his motivation is, and so on. Thus, in communicating will be reflected similarity and warmth (Ramadhana, 2018). In relation to the family, openness of communication in the family can be achieved if parents are willing to give sincere advice to children, be frank about what they want to say, exchange opinions and also listen to children's complaints.

There is no awkwardness between parents and children in expressing opinions and feelings. Parents must provide understanding and opportunities for children to express their opinions without comparing or directing only to one side (Nelyahardi et al., 2022). For example, when children tell their parents about their problems, parents or children are open about each other's opinions. Open communication between parents and children can help children feel accepted. Children dare to make their own choices while parents are accustomed to conveying realistic expectations based on their children's abilities, so that the child's positive self-image will automatically form a movement.

## 2. Empathy

An empathetic attitude is when parents can put themselves in their child's position to understand and sympathize with their child's situation, so that mutual understanding will be created. (Wewenkang & Moordiningsih, 2016) Parents' ability to empathize with their children's problems can be realized in the form of their concern

in helping to overcome their problems.

In everyday life, children should be invited to help their parents to foster a sense of empathy, one example is by getting used to helping children with homework so that without realizing it, children will increasingly form an empathetic attitude in themselves (Iyoq 2017).

## 3. Supportiveness

The attitude of parents who provide support to children will be able to help form effective communication within the family. (Novianti et al., 2017). Of course, the supportive attitude of parents will greatly affect children's behavior. When parents give freedom to children to express their emotions, communication between them will be effective. This will make children feel trusted to be themselves.

Supportive attitudes can be achieved if parents are willing to respect children's ideas, thoughts or opinions and give their full attention to children when communicating with them. Parents give rewards or appreciation to children for helping with their work, thus having an impact on improving self-image and

making children feel better, (Utami, et al., et al, 2021). So to provide support to children, parents consider the needs of their children and parents do not necessarily provide support to children without considering what is best for children.

#### 4. Possitiveness

Encouraging a positive attitude towards children, parents must have awareness in accepting the child's condition. Parents realize that children are a gift from God so that regardless of the child's condition they are ready to accept. It is not easy for parents to care for and raise children with special needs. Moreover, the acceptance of people in the surrounding environment is not all positive. However, to create a positive attitude towards the child, parents must accept the child's existence. In addition, parents must also foster a positive attitude in themselves first because they realize that this attitude will have an impact on their children (Iyoq, 2017).

Communication that is carried out positively such as being kind, polite, and cheerful throughout the conversation and forbidding children in a gentle way, then children will tend to easily

understand themselves, so that family relationships become good, harmonious and happy both in this world and the hereafter (Syafitri et al., & Kusuma, S 2023). for example, when children are experiencing problems, parents have a role to show a positive attitude towards children by providing a way out, this can be in the form of advice or solutions to children. With good and positive reactions and responses from parents, children will be happy to follow what parents say (Putra, 2013). (Putra, 2013).

During this communication process, the goal is to form positive attitudes and behaviors in children. There are several forms of positive attitudes shown by parents to foster positive attitudes and behaviors in children, (Rahmi & Junaidin 2022), namely:

- a. Parents should tell their children what they can do and what they cannot do.
- b. Parents should set an example for their children, both with their words and behavior.
- c. horsepower. The child is used to directly participating in good habits such as helping mom.

- d. Parents continuously train their children to learn how to fulfill their own needs, such as bathing and eating by themselves.
  - e. Parents praise and appreciate their children's behavior.
5. Equality

Equality in parent-child communication is realized in the awareness and willingness of parents to place themselves on an equal footing with their children in the communication process. In this case, equality requires several things that must be done in the communication process, including placing oneself equal to the child, not imposing the child's will, communicating in two directions, the need for intimacy, being friendly and comfortable with each other (Hasugian, et al., Ardiansyah, A., & Arsyad, A. W, 2020).

There is a type of family that has a consensual type, which is a family that often communicates but children have high compliance with parental decisions. This family always has conversations, but the final decision maker is still the parent as the authority in the family (Nelyahardi et al., 2022). Equality

means that no one feels "I'm always the one being heard". Because in the family, it must pay attention to each of its members. Equality can also make parents and children close, like friends when sharing stories. Because if there is equality in communication between individuals, communication will be more effective.

Suppose a child gives input to his younger siblings, then the younger sibling receives input well. When the younger sibling gives input, other family members should also pay equal attention to the younger sibling, so that the younger sibling does not feel that only his brother's opinion is heard. This is what is meant by equality (Trimardhany, V 2021).

Evaluate how parents can invite their children to participate in communication, so that parents and children have the same opportunity to become communicators, which makes the interpersonal relationship closer because children will feel at home and comfortable if someone is willing to consider them an adult and worthy of exchanging ideas. Equality can also help parents and children become close, like best friends when

sharing stories. Because if there is equality in communication between individuals, communication will be more effective.

## CONCLUSIONS

Communication is an important thing in living everyday life. What more in family life, communication is something that must be considered for every family member, especially between parents and their children. For example, in our daily lives, we still find many parents who are not good at building communication with their children, causing a bad impact on their children. Such as children feeling unheard, children feeling their feelings are not appreciated, and others. Therefore, parents need to build effective communication with children so that things like mentioned earlier are not felt by children. Effective communication is communication that is established between the communicator (message giver) to the communicant (message recipient) where the meaning of the communication reaches or can be understood by the recipient of the message. In the family, there are several important points in building effective communication, namely the openness of both, then showing empathy in communication, then the supportive attitude shown by both, then again showing a positive attitude during

communication and the last is equality in communication. Those are some important points in building effective communication in the family.

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