

The Impact of Family in Shaping Mental Health and the Role of Family Counseling

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Abstract. *This research aims to look at the impact of the family in the formation of mental health and the role of family counseling in overcoming mental health problems that occur within individuals which now have a large impact on the personality of individuals in their environment. This type of research is a qualitative method with a literature review approach. The rare thing is to look for references to theoretical studies that are relevant to money cases or problems. The research results show that the impact of a harmonious family will result in mental well-being/mental health, while the impact of a disharmonious family/broken home will result in mental health problems. The role of family counseling in shaping mental health is in the corner of counseling, individual counseling, behavioral counseling, psychodynamic conceptualization. Family counseling as an intervention is very important to help families overcome various problems.*

Keywords: *Family Impact; Mental Health Formation; Family counselling*

Abstrak. Penelitian ini bertujuan melihat dampak keluarga dalam pembentukan mental health serta peran konseling keluarga dalam mengatasi mental health yang terjadi dalam diri individu yang sekarang banyak berdampak kepada kepribadian individu dalam lingkungannya. Jenis penelitian ini merupakan metode kualitatif dengan pendekatan kajian literature review. Langkanya dengan mencari referensi kajian teori yang relevan dengan kasus atau permasalahan yang ditemukan. Hasil penelitian menunjukkan dampak dari keluarga harmonis akan menghasilkan kesejahteraan mental/mental health sedangkan dampak dari keluarga yang tidak harmonis/broken home akan menghasilkan gangguan kesehatan mental. Peran konseling keluarga dalam membentuk mental health yaitu dengan pokok konseling, konseling individual, konseling behavioral, konsep psikodinamik. Konseling keluarga sebagai intervensi sangat penting membantu keluarga mengatasi berbagai permasalahan.

Kata kunci: Dampak Keluarga; Pembentukan Mental Health; Konseling Keluarga

INTRODUCTION

In understanding and improving the quality of relationships between family members and the sustainability of their psychological well-being, building harmonious and healthy family relationships is an important component to support individual mental health and overall family dynamics (Artika, 2024). Family is the first and most important place for family members to socialize. It is where they recognize love, sympathy, get guidance and education, and feel safe. Healthy realization with each family member is very important because family is the only person we can trust to talk about problems or difficulties. (Lubis, Nurdayang & Syahputra, 2023). Family is the basis for a better life, and the government pays great attention to the role of family (Sunarko & Bataha, 2024).

Everyone wants their family to be harmonious when forming a family. To run a household, it is important to understand one's role and function, as well as accept oneself and one's situation (Syaqawi, 2019). It is often thought of as a broken home by children whose parents are divorced, but actually a broken home is also the result of a disharmonious family (Mamuly & Paunno, 2024).

In helping families overcome difficult and diverse problems, counseling is indispensable (Ulfiah, 2021). Life always brings problems, both from within and from outside. Family counseling can solve various family problems (Putri, Mudjiran, Nirwana, & Karneli, 2022). Not everyone can find the meaning of their lives in difficult situations, such as when someone loses their family members due to divorce, so they need to get professional help from a counselor (Nugroho, 2024).

Mental health is an important aspect that affects an individual's quality of life. In daily life, mental health is not only influenced by internal factors such as genetics and personality, but also by external factors, one of which is the family environment. The family serves as the initial foundation in the formation of character, mindset, and emotional stability of individuals. Harmonious family relationships tend to create an atmosphere conducive to healthy mental development, while disharmonious families or broken homes can cause various mental health disorders. Given the important role of family in the formation of mental health, a family counseling approach is one of the effective solutions to overcome these problems. Family counseling aims to improve relationships between family members and help individuals overcome mental disorders that may arise due to family dynamics. Therefore, this study aims to explore the impact of family in the formation of mental health and the role of family counseling in helping individuals and families.

METHODOLOGY

This research uses a qualitative method with a literature review approach. This method is carried out by collecting and analyzing relevant references from various trusted sources, such as scientific journals, books, and articles that discuss the relationship between family and mental

health and the role of family counseling. The research steps included problem identification, literature search, selection of relevant sources, data analysis, and conclusion formulation. This review focuses on theories that support the understanding of the influence of family on individual mental health and how family counseling can be an effective intervention in addressing these issues.

RESULTS AND DISCUSSION

Families not only enhance children's zest for life and peace of mind, but also influence their personality growth and development. The family greatly influences the disposition, personality and nature of other family members, both directly and indirectly. For example, the behavior of parents who are cold and easily carried away by emotions (Lubis, Nurdayang & Syahputra 2023). Children can develop unhealthy personalities due to an unharmonious, unstable or damaged family environment. Children's emotions, responsibility and sociability are intended forms of mental health (Mamuly & Panuno, 2024). A harmonious life can help prevent household problems that destroy happiness (Widodo & Nurhasim, 2020).

In running a household, it is important to have an awareness of each person's role and function, as well as an attitude of accepting oneself and the situation. In building a harmonious household, family problems such as quarrels, jealousy, infidelity, income differences, differences in life principles, and even divorce often occur (Syarqawi, 2019). Child development is closely related to a harmonious family so as to prevent bigger problems from arising (Siregar, 2024). Adolescent girls from broken home backgrounds are more vulnerable to mental health disorders resulting from cyberbullying, including anxiety, depression, and decreased self-esteem. Other factors that increase this vulnerability include a lack of emotional support from family and an unstable home environment (Yohanes, Fitriani & Khalillah, 2024). The important role of counseling is to assist families in dealing with crisis situations, finding appropriate solutions, bringing out their best potential, and developing the ability to work together in the family (Ulfiah, 2024). Individual counseling with Viktor E. Frankl's logotherapy approach can be used by a counselor to help individuals who experience problems (depression, anxiety, or uselessness) as a result of losing the meaning of life during a crisis (Nurgoho, 2024).

Family counseling is a way to solve problems that disrupt family harmony. Family counseling with a behavioral approach can improve family harmony by creating closer

bonds, individuals who are able to control their emotions, and families who always communicate well (Syarqawi, 2019). Behavioral approaches can improve family harmony through improved interpersonal communication and behavior change based on habituation (Siregar, 2024).

Although the role of counselors is very important for counselors, there are still problems with facilities and infrastructure for the counseling process. Second, as long as the counseling process is difficult, it will hinder the purpose of counseling (Wulan, 2021). By providing Puspaga services at Balai RW in Kelurahan Bubutan, Pojok Konseling facilitators and Puspaga facilitators have been able to provide services closer to the community. These services include psychological counseling and assistance, socialization or promotion, and parenting (Sunarko & Bataha, 2024).

Family counseling is a training method that focuses on the client's parents as they are the most influential in building the family structure. Family members are not changed psychologically or personally. Instead, families are changed through the behavior of their parents. All family members will be affected if parental behavior changes (Amanah, Mahendra & Silaen, 2023). Family counseling can help families gain harmony because the counselee will try to know, recognize, pay attention, accept, and try to maintain the family (Putri, Mudjiran, Nirvana & Karneli, 2022).

The theological approach in pastoral counseling helps couples overcome the dynamics of marriage by strengthening their relationship in accordance with religious teachings (Kawatu, Simanjuntak, Pakiding & Carlos, 2024). The counseling results showed that the subjects experienced many changes. These included increased self-confidence, trauma removal, and the ability to accept family life events (Aulia, Syjaya, Suja, 2022). One of the most effective methods to address the issue of domestic violence is experimental family counseling, along with the application of legal channels (Afdal, 2015).

The results showed that family has a significant impact on individual mental health. Harmonious families are able to provide emotional support, a sense of security, and stability that contribute to an individual's mental well-being. In contrast, families that are not harmonious or experience prolonged conflict are often a source of stress and mental health disorders. Individuals who grow up in broken homes tend to face a higher risk of developing disorders such as depression, anxiety, and low self-confidence.

Family counseling plays an important role in helping individuals and families overcome issues that affect mental health. Some approaches that can be used in family counseling include:

- 1. Counseling Corner:** Provision of a dedicated space for counseling that allows family members to share problems openly.

2. **Individual Counseling:** An approach that focuses on specific individuals to help them manage the impact of family dynamics.
3. **Behavioral Counseling:** Interventions that aim to change unhealthy patterns of behavior into more adaptive ones.
4. **Psychodynamic Counseling:** An approach that explores the emotional dynamics and internal conflicts that may occur within the family.

Through these approaches, family counseling can be an effective intervention to improve communication, build better relationships, and create a family environment that supports the mental health of each member. In conclusion, a harmonious family is a key factor in creating good mental health, while family counseling is a strategic solution to address mental health disorders that arise due to disharmony in the family. This research confirms that the impact of family on the formation of mental health and the role of family counseling are closely interrelated, making the family the main actor in maintaining individual mental balance.

CONCLUSION

The family plays a fundamental role in shaping an individual's mental health, as it is the first place where a person forms their personality, values, and ways of dealing with the world. Parenting, communication, and relationship dynamics within the family directly influence a person's mental development - both positively and negatively. Harmonious, supportive and secure families tend to produce family members with better mental health. Conversely, prolonged conflict, violence, or instability in the family can lead to trauma and long-term mental health issues.

In this context, family counseling comes as a very important intervention to help families overcome various problems. Through family counseling, each member can learn to communicate more effectively, understand their respective roles, and find joint solutions to conflicts that occur.

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