Analysis of Children's Mental Health in Parents of Different Religions: An Anthropological Psychological Perspective

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Abstract
Based on religious differences between couples pose challenges in parenting, so this study aims to find cultural diversity and parenting in families of other religions, psychological impacts and mental health on children from families of different faiths, and the integration of psychological anthropology in the care of children of families of different religions. This qualitative research explores issues or mental problems experienced by children in forming their character. The study found that parenting families of other faiths has a positive value for their children's development. Parenting practices are based on cultural traditions, ethnic values, and family habits passed down from generation to generation, as well as the influence of parenting on the emotional, social, and cognitive development of children who apply parenting strategies such as authoritative, overprotective, and permissive that do not carry elements of their respective religions. In addition, it also found integration in the care of children through practices such as tolerance, politeness, helpfulness, honesty, friendliness, empathy, and sympathy. The impact of mental health on their parenting can be prevented by implementing inclusive parenting that emphasizes the practice of cultural diversity, values, and beliefs in their family environment. Hopefully, these findings can provide an essential understanding of the religious differences that affect the upbringing of children of different faith families, providing insight for anthropology and psychology practitioners on the importance of understanding aspects of religion in supporting child development.

Keywords
Mental health, parenting, families of different religions, anthropology of psychology.

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1. Introduction

Children in the care of families of different religions can form characters that interfere with their mental health. Let's say confusion or psychological stress, identity conflicts, easy worry, easily panicked, and anxiety, so that children are easy to behave impulsively. As an impact of being easily underestimated, it can create a situation of letting others make decisions (Anita Novianty, 2018); this disease (in mental health) is called anxiety disorder or decidophobia (Eaton et al., 2018). From a mental health perspective, decidophobia is classified as a category of mental disorders acquired from traumatic experiences or events. Trauma can be obtained from childhood to growing up, like making a decision but being blamed or arguing but not being listened to, and it is difficult to decide because of indecision.

So far, parenting studies from families of different religions have placed children in the third person who receives less attention. Existing studies tend to place children as objects that do not accommodate children's perspectives as subjects, which tend to identify the care of children from families of different religions in terms of legal regulations (Saputra, 2022) and religious law (Nurhasanah. 2022, 2020). However, it does not see the implications from the perspective of mental disorders (Fawwaz Febriansyah, 2023). In line with this, three perspectives analyze differences in parenting patterns between families of different religions. Correspondingly, three perspectives can be found in the study of parenting in interfaith families. First, studies that look at the parenting styles of married people of different religions; second, many studies only look at child marriages of different religions from the point of view of religious and state regulations; and third, existing studies are only limited to formulating the management and communication of parenting families of different religions to create good parenting for the formation of children's character. This trend shows that different religious parenting perspectives are less accommodated in existing studies. This parenting is not seen as a cause of disruption to children's mental health because children's psychological problems are strongly influenced by their parents' parenting (Damayanti, 2023).

The study is a response to shortcomings from previous studies that ignored the perspective of child mental health in the care of children of different religions. The child's perspective on life experiences in such parenting situations will be explained from a subjective point of view. Understanding the emotional perspective allows for formulating a tangible action plan to overcome the problem. Correspondingly, three questions can be asked. First, how are cultural diversity and childcare in families of different religions? Second, what is the psychological and mental health impact on children from families of other faiths? And third, how does psychological anthropology integrate into the upbringing of children of different religions?

This paper is based on an argument that impulsive character or behavior, characterized when someone does something without thinking about the consequences and is done repeatedly, is caused by the emergence of decidophobia, which can be formed from the wrong parenting patterns of families of different religions. The upbringing of families married to other religions tends (perhaps also out of ignorance) to ignore moral ethics concerning the upbringing of their children. The protection of children has not been well guaranteed, which can carry the risk of prolonged mental illness. Three preconditions become the basis of putting at-risk anxiety disorders in character building. First, the situation justifies ethical violations in children. Second, the vulnerability of children to weak regulations per law on the care of different religions, and third, the absence of a care system in society that has ignored children's
rights. Thus, a deep understanding of conditions that threaten the well-being of children can be the basis for formulating a more solutive action plan for children in care.

2. Literature Review

2.1. Cultural diversity and childcare

Culture is a set of beliefs, values, practices, and norms that characterize a group or society. Culture shapes our perceptions, behaviors, and the way we interact with others, influencing human views of ourselves and the world around us. This can be a source of strength or indecision (stress). Culture can be essential to mental health because beliefs, values, and cultural norms shape it. Culture can influence understanding and coping with mental illness (Therapy Brand, 2022).

The relationship between culture and parenting can be seen from the results of research by Rohmah Intan Ningrum adolescents (Intan Ningrum et al., 2023), finding that the distribution of parenting with mental health in adolescents shows that those who experience mental health are as many as 102 (66.2%) at SMA Negeri 01 Karangrejo Tulungagung City, which shows a significant relationship between parenting and mental health in children. Naturally, each individual will form a character to face the challenges of life ahead, the goal of which is to regulate high emotions so that when a child becomes an adult, he is ready for the social challenges that will be faced (Junida, 2019).

Likewise, the relationship between cultural values and mental health is close. Cultural values influence individuals in developing their mental health or psychological well-being, starting with self-acceptance, positive relationships with others, clear life goals, mastery of the environment, and sustainable growth. The results of Nurcahyo's findings (Nurcahyo Tri Arianto, 2016) show that the local cultural values of the Bugis people, such as Siri' and Pesse, Getteng, Lempu, Asitinajang, Acca, and Reso, affect the mental health of the Bugis people.

Even the influence of culture on children affects their development in different regions. This is because culture influences children's development in parenting patterns, social interaction, and children's development in various cultures (Whiting & Whiting, 1975). Where culture plays a role in shaping the individual, there is a strong foundation of cross-cultural influences in child development. So, culture influences the conception of mental health in a society and public views on handling mental disorders (Anita Novianty, 2018).

2.2. Psychological Impact on Mental Health in Children

Parenting patterns significantly affect the development of children's relationships with parents. Building a good relationship between parents and children will affect children's mental health (Rohmah Intan Ningrum, 2023). However, religion can also be a source of conflict and stress if upbringing from families of different religions gives their children options. Cultural and family background can be important factors in mental health. For example, religion, social norms, and traditions can influence the way we think about mental illness, cope with stress, seek help, and decide which religion to choose from family (Therapy Brand, 2022).

Culture can be a source of strength or stress; for example, different religions in the family. This can provide a sense of belonging, support, and exclusion that can be a source of conflict and misunderstanding. Regarding mental health, what is meant here is that culture can have positive and negative impacts (Therapy Brand, 2022). For example, it does not provide firmness, which should be embraced by children from families of different religions, so that they are vulnerable to stress due to
indecision and difficulty choosing, so that they quickly experience anxiety. What is synonymous with mental health disorders? The World Health Organization (WHO) (Anita Novianty, 2018) defines mental health as the absence of mental disorders in a person and how individuals can perform their social functions in society.

Isn’t it true that the rules of each religion imply that religious education is an essential thing that is the foundation for life, so that it must be instilled as firmly as possible to become a human character later? The character will be internalized when educated and taught through the habituation of parents and the environment (Momod Abdul Somad, 2021). So, parents have a huge role in directing and shaping children's characters. Providing the correct and applicable parenting style for their children is a serious concern because it becomes the foundation for shaping the character's personality and mindset. Again, the family environment is the first and foremost environment in shaping a child's personality (Parhan et al., 2020). Instilling spiritual values derived from religious teachings is included in education, which must be a serious concern for the family and its children. The family should be a place to internalize the values of trust in children (Momod Abdul Somad, 2021).

In addition, one of the major influences in the upbringing of couples of different religions to children is the non-transparency of both parties (both partners) discussing the beliefs of each other's religious teachings to their partners. Of course, it is feared that it will cause internal conflicts in his family. In fact, for many people, religion is an essential source of comfort and support. It can provide a sense of community and belonging and a framework for understanding the world. Moreover, the formation of the nation's successor character can start with the role of a child (Junida et al., 2023).

2.3. Integration of Anthropology and Psychology in Multireligious Parenting

In essence, culture is social heritage; that is, culture is passed from generation to generation through a learning process, both formally and informally. All forms of spiritual and material culture in the form of a system of ideas, norms, patterned activities, and various objects of human work are packaged in subjects and curricula that are arranged and given systematically (Awaludin Nugraha, 2018).

What is gained from parents will be the child's initial experience, which will affect the child's personality. The child's character and personality formation are closely related to the influence of the parenting style applied. In this process, a child can see and learn about the imitated personality through learning from the surrounding environment. The process can include feelings, desires, passions, and emotions he needs throughout his life. Then, in the process of instilling cultural values, there is internalization, which concerns the problem of personality systems. While the personality system is obtained from socialization, an individual learns patterns of action in social relationships with all kinds of individuals around him who occupy various social roles in everyday life (Sri et al., 2017).

Anthropologists have long engaged in cultural relations to determine human personality. Benedict believed every culture could choose among a series of human traits considered ideals. Individuals who act according to those norms are rewarded, and deviants are punished. Margaret Mead, the famous American anthropologist, taught children based on the principles of cultural relativity regarding thought, behavior, and personality. Mead assumes that culture is an essential variable in understanding differences in human life (Nurcahyo Tri Arianto, 2016), which found that children and adolescents have been socialized with sexual relationship problems in preparation for future marriage. Therefore, according to Toren, children's lives, especially their personalities, are critical cultural variables that must be considered (Nurcahyo Tri Arianto, 2016).
3. Method

This study pays special attention to the psychological consequences, especially mental disorders, experienced by children from different religious upbringings. Children are the most vulnerable group in parenting. In marriages that have taken place in Eastern culture, especially in Indonesia, children are the main object that becomes the purpose of marriage. Child psychological disorders are classified into several significant disorders based on available data. A wide variety of disorders were mapped to the risks children had in parenting situations. At the same time, mental health disorders were analyzed as having fundamental implications for the well-being of children.

This qualitative research is based on diverse cases experienced by children. The case studies used are seen in the context or category of children who have a difficult life due to some disorders of mental health, such as. In addition to mapping the objective conditions experienced by children based on the findings of researchers, this study also identified children's subjective views and experiences in various categories. Various categories of personal experiences were identified and classified to show children's patterns of caring for parents of different religions.

The data for this article comes from informants who are married to different religions, have children of various ages, and live a domestic life in Makassar City. Because urban communities such as Makassar are increasingly multicultural, religious differences between couples create challenges in parenting patterns. To investigate child care in families whose parents have different religious beliefs, this research combines anthropological and psychological perspectives to understand the impact of religious differences on child-rearing through direct observations of daily interactions and child-rearing practices in cultural and religious contexts. In-depth interviews with parents of different religions were conducted to understand their views on parenting from a spiritual and psychological perspective, and interviews with children were conducted to obtain their perspectives on the experience of raising children from parents of different religions.

The analysis was carried out using psychological and anthropological studies of the development of children from different religious backgrounds. Likewise, the study of spiritual values might influence children's psychological development. To combine religious differences in parenting from an anthropological and psychological perspective.

4. Results and Discussion

4.1. Parenting Patterns and Religious Values (Integration of Cultural and Religious Values)

Belief in religion is vital in educating children of different faiths so that parents of other religions apply parenting patterns to the teachings of their respective faiths. There are differences in parenting approaches between parents of different religions, and this has been mutually agreed upon. This agreement was made without writing, through verbal sharing, such as the first child being allowed to worship at church with his mother while the second child prayed at the mosque with his father. This practice is carried out from an early age, even in toddlerhood. Of course, there are unconfirmed agreements conveyed verbally by both partners.

Deciding various things in determining activities by parents with different beliefs is not a serious obstacle. Several informants chose to send their children to private state schools, considering the facilities were complete and adequate. Regarding religious studies, they agreed to receive education according to their beliefs. While praying and sharing verbally, they decide to invite their children
according to their respective religions. There is verbal agreement in determining whether a child follows the religious teachings of an interfaith couple. If this situation starts at an early age, children cannot choose which religion they will adhere to, but when they reach adolescence, they can be free to choose their religion.

Values in religions are understood to have contributed to their children's moral and ethical development. It concerns ethical values such as politeness, sympathy, empathy, honesty, tolerance, and mutual respect for differences taught to their children. Every year, the informant's family respects each other during each other's religious holidays. Please respect each other when worshiping and uphold the values of politeness, empathy, and sympathy in behaving toward their respective families during religious holidays.

From an anthropological standpoint, the findings could highlight parents of different religions maintaining their cultural values while trying to integrate religious teachings into their children's upbringing. Highlights how the surrounding cultural environment can influence the approach of parents of different religions to educating their children.

4.2. Cultural and Psychological Aspects of Child Development

As far as the findings obtained, there were differences of opinion in childcare due to differences in religious beliefs. For example, in the application of discipline, the findings describe that children who follow their Muslim father's teachings are taught to fast every Ramadan and pray five times a day and night. Likewise, children who follow the religion of their Christian mother get taught to worship at specific times, such as Sunday, Post Day, and Christmas Day. Even a Christian wife adapts to her Muslim husband's needs for Ramadan, such as getting up at dawn to cook suhoor meals and preparing dishes for iftar.

They resolve differences of opinion or conflicts in terms of parenting due to religious differences by bargaining together. Negotiations are conducted with good awareness to find an agreement. Initially, I had difficulty adjusting to the differences, but it was easy to change over time. When they find a deal or way to incorporate each other's religious values into parenting, they decide to apply them in their daily lives. For example, when they want to eat, they teach their children to pray first according to the teachings of their respective religions. When they want to leave the house and go in and out, they teach their children to say greetings according to the teachings of their respective faiths.

This paper's findings explain that how parents resolve interfaith conflicts in childcare can significantly impact a child's psychological development. Children who experience culture shock from life experiences run by different families initially experience obstacles and confusion. Especially when entering adolescence, children will experience a phase of searching for identity. Because, at this time, a person will experience biological and psychological changes, such as psychic maturity, emotions, and sexuality, which tend to be stable. The nature and attitude of adolescents during adolescence (medical terms) begin to determine identity, ideals, and life plans; begin to show sexual desire; and start to realize that it is easier to criticize than to carry out. There are even some critical changes in adolescence, such as emotional, physical, and psychic improvements, interests, behavior patterns, and priorities that determine attitudes.

Other findings suggest that children from families with different religious beliefs in inclusive environments have better social skills for building tolerance and openness to differences. So, inclusive
parenting by parents with different religious beliefs has provided a deep understanding of parenting influenced by various cultural and psychological aspects.

4.3. Parenting Approach to Inclusion in the Perspective of Psychological Anthropology

Children's responses from parents of different religions in their care led to religious findings, especially in terms of different ages. The difference is seen in activities on certain days in their daily routines, such as changing parenting patterns. Findings from informants from Toraja and Bugis-Makassar who were married applied to different parenting styles. Even though the Toraja people adhere to the same parental or bilateral kinship system as the Bugis-Makassar people, or assiajingeng (local term), in this system, women and men are equal in decision-making, following the environment of both parents' lineages. Then, their children follow the culture of both parents. So, an agreement was made to apply the behavior of the Father and Mother according to the teachings of their respective religions. For example, the father taught the teachings of Islam to his second child, and the mother taught the teachings of Christianity to his first child. The tendency for inclusive parenting patterns is used for the support of children.

Parenting the inclusion of the cases found raises differences in character in the psychological development of their children. Just as the second child tends to behave similarly to his father, so does the first child act more like his mother, even though some genetically inherited traits are inherent in each child.

In building cultural identities whose influence on childcare differs religiously from the perspective of psychological anthropology that researchers found, it can be shown how to instill the values held in parenting in the form of fundamental values built in children as the foundation for forming children's character. Information as a parent plays a role in caring for, educating, and accompanying children's development, such as obeying parents, helping, respecting guests, being polite to elders, often sharing, respecting differences, loving to give, liking to help others, being hardworking, never giving up, applying discipline, and living and upholding honesty. It combines values, practices, and strategies to shape a child's behavior and development.

His parenting practices are often also based on cultural traditions, ethnic values, and family customs passed down from generation to generation, relating to the perspective of psychological anthropology as well as the influence of parenting on the emotional, social, and cognitive development of children who apply parenting strategies such as authoritative, overprotective, and permissive.

The value of different religious teachings in the upbringing of children from parents of other religions from the perspective of psychological anthropology can be integrated into his upbringing. The combination shows the following practices: (1) tolerance, (2) politeness, (3) help, (4) honesty, (5) friendliness, and (6) empathy and sympathy. Integrating them helps understand how different parenting styles affect a child's development psychologically, socially, and emotionally. Inclusive parenting across cultures opens opportunities for better learning and adaptation for children raised in multicultural environments. Inclusive parenting allows children to understand and celebrate their diverse cultural identities with parents with different religious beliefs. It helps children develop a solid and balanced identity between the two cultures.
5. Conclusion

Religious differences from researchers' findings in parenting can be of positive value to their children's development. His parenting practices are often also based on cultural traditions, ethnic values, and family customs passed down from generation to generation, relating to the perspective of psychological anthropology as well as the influence of parenting on the emotional, social, and cognitive development of children who apply parenting strategies such as authoritative, overprotective, and permissive strategies that do not carry elements of their respective religions.

The value of different religious teachings in the upbringing of children from parents of other religions from the perspective of psychological anthropology can be integrated into his upbringing. The combination shows the following practices: (1) tolerance, (2) politeness, (3) help, (4) honesty, (5) friendliness, and (6) empathy and sympathy in interacting in daily life.

The impact of psychology on mental health in the upbringing of families of different religions can be prevented through the implementation of inclusive parenting that emphasizes the practice of cultural diversity, values, and beliefs that exist in their family environment. It involves acknowledging and accepting differences in cultures and religions and integrating those values into parenting patterns that support a child's positive growth and development.

Anthropology pays attention to the importance of understanding and respecting culture in the context of childcare. Parenting inclusion, from the perspective intended in this paper, emphasizes the importance of acknowledging different values, traditions, and cultural norms in parenting practices. Understand that an inclusive parenting approach from the perspective of psychological anthropology helps children build strong, balanced, and inclusive cultural identities for cultural diversity and beliefs.

From an anthropological and psychological perspective, inclusive parenting emphasizes the importance of respect for cultural differences, recognition of values from various religious backgrounds, and integration of these values in forming an inclusive and supportive parenting environment for child development.

References


